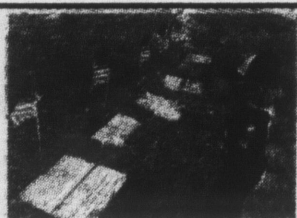




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 Cub Scouts Decorate Veterans' Graves - Page 17



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The Quincy Sun

Historic Quincy's Hometown Weekly Newspaper Since 1968

VOL. 54 No. 9

Thursday, November 18, 2021

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Honor & Remember: Veterans Day 2021



SONS OF THE American Legion, Squadron 294, Morrisette American Legion Post, held its annual Veterans Day observance Nov. 7 at Flags for Veterans Island, Fort Square, Quincy. Clockwise from top left: Chaplain Don Knight gives the invocation as Finance Officer Guy Ferris (center) and Morrisette Past Commander and Officer of the Day Steve Dunlea bow their heads in prayer; John (Jake) Comer, a Korean War Air Force veteran and a past national commander of The American Legion, salutes during the singing of the national anthem; Robert LaFleur, past commander, Morrisette Post, sounds taps at the conclusion of the ceremony; and saluting as taps is played are from left to right Fred White, past commander, Massachusetts Department of the American Legion, Chaplain Don Knight and Marine Combat Veteran Richard Brewer who was the keynote speaker at the observance. More coverage of the Sons of the American Veterans Day observance begins on Page. 24. The city also held its annual Veterans Day parade and ceremony on Veterans Day, Nov. 11. Coverage begins on Page 14.

Quincy Sun Photos/Robert Bosworth



Ask John Paul: AAA's Car Doctor - Page 18
 More Thanksgiving Recipes - Page 32
 Santa Arriving By Helicopter Nov. 27 - Page 33

More Quincy news:
The Quincy Sun.com

High Schoolers Walk Out To Protest Hate Speech

By SCOTT JACKSON

Students from Quincy's two high schools walked out of class on Nov. 12 to protest racism, hate speech and injustice.

The protest came on the heels of an altercation involving two Quincy High School students, one of whom allegedly made a video containing hate speech. School officials say both students involved are facing discipline.

Quincy High School students left the building around 9:30 a.m. on the morning of Nov. 12. They first walked to City Hall and

then to North Quincy High School, where they were met by students from that school who joined the protest. Some of the students then returned to Quincy High School, where they continued the protest and met with school administrators, while others returned home.

During the protest, the students could be heard chanting, "no justice, no peace." Many of the students also carried signs.

Earlier last week, some students at Quincy High School had received a cellphone video showing a stu-

dent using a racial slur and expressing hatred of Black people, according to published reports.

On Nov. 9, a student confronted the student who allegedly created the video and a physical altercation ensued. A video of that altercation, which was broken up by adults, has also circulated among students.

Supt. Kevin Mulvey, in a letter released following the Nov. 12 protest, said both students involved in that altercation were facing discipline, though some students had stated only one of the two were punished.

"One factor in today's student action is misinformation that is circulating online that only the student who initiated Tuesday's altercation at Quincy High School is being held accountable through disciplinary actions," Mulvey wrote on Nov. 12. "While the specifics cannot be shared, there are serious long-term consequences for the student who created the video."

In a separate letter sent on Nov. 14, Mulvey said the district was taking students' and parents' concerns about racism seriously.

"Please be assured that

the district has heard and acknowledges the concerns of students and families regarding systemic racism within our school community and is taking steps to address them as quickly and comprehensively as possible," he wrote.

Students were planning another walk out on Monday, Mulvey wrote, but he said the district would not allow them to do so because they would be missing out on time in the classroom.

"While the district recognizes the importance of student protest, particularly when it addresses serious

concerns about racism within our school community, we cannot continue to have students leave school and miss valuable educational time," Mulvey said.

"Therefore, please be advised that students are not permitted to leave their school buildings without being dismissed by a parent or guardian. If students do choose to leave their school buildings they must be accompanied by a parent or guardian and meet with the principal to return to school that day. As with any absence, if students leave

Cont'd On Page 37

Councillors Seek Info On High-Rise Fire Plans

By SCOTT JACKSON

City councillors want to know how the Quincy Fire Department plans to fight a fire inside a high-rise building, with taller buildings on the rise in Quincy Center.

Ward 4 Councillor Brian Palmucci introduced a resolution seeking an update from the department on its plans for a high-rise fire on Nov. 8. Councillors approved the resolution in a unanimous vote.

During the meeting, Palmucci noted Chestnut Place,

a 15-story residential building, opened in 2020, and FoxRock Properties had been seeking permission to build a 20-story building on the Ross Lot.

"As the city gets higher and higher, I think it would be an appropriate time for the chief or his designee to come before us to talk about the staffing plan for high-rise fire protection," Palmucci said. "I think it is a little bit different than what staffing is required for... low-rise fires."

"It's probably a good time for the City Council to get up to speed on what it means to have these buildings in our city and make sure the Fire Department has all the resources they need to keep everybody safe."

(FoxRock on Nov. 10 said it would no longer seek permission to build the 20-story building.)

In his resolution, Palmucci said that the National Fire Prevention Association considers an emergency re-

sponse to a 20-story building a high-hazard situation. The NFPA recommends a deployment of 43 firefighters and officers to a high-hazard situation, he said, and the typical staffing level for the department is 44 firefighters and officers.

In addition to submitting the resolution regarding high-rise fires, Palmucci on Nov. 8 introduced a proposed ordinance that would set new standards for fire protection in buildings built using light-frame construc-

tion. The ordinance, which Palmucci said mirrors legislation currently pending at the State House, was referred to the council's ordinance committee for consideration at a later date.

Among other provisions, the ordinance would require fire watches be posted in buildings under construction at the developers' expense before the buildings' sprinkler systems are brought into service. The fire watch would need to be

posted whenever there were no construction activities underway on site.

"I think that is a great idea," Palmucci said of the fire watch. "I can't imagine if it was a windy day and that project up on Hospital Hill caught fire. The entire city would be vulnerable to a fire spreading at night."

"I think there are certainly some steps we can take to improve safety, not only for residents but for firefighters."

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FoxRock Removes Residential Units From Ross Lot Plans

By SCOTT JACKSON

FoxRock Properties no longer plans to include any residential units in its proposed development on the former Ross Lot in Quincy Center. The company will also no longer seek permission to construct a 20-story building on site.

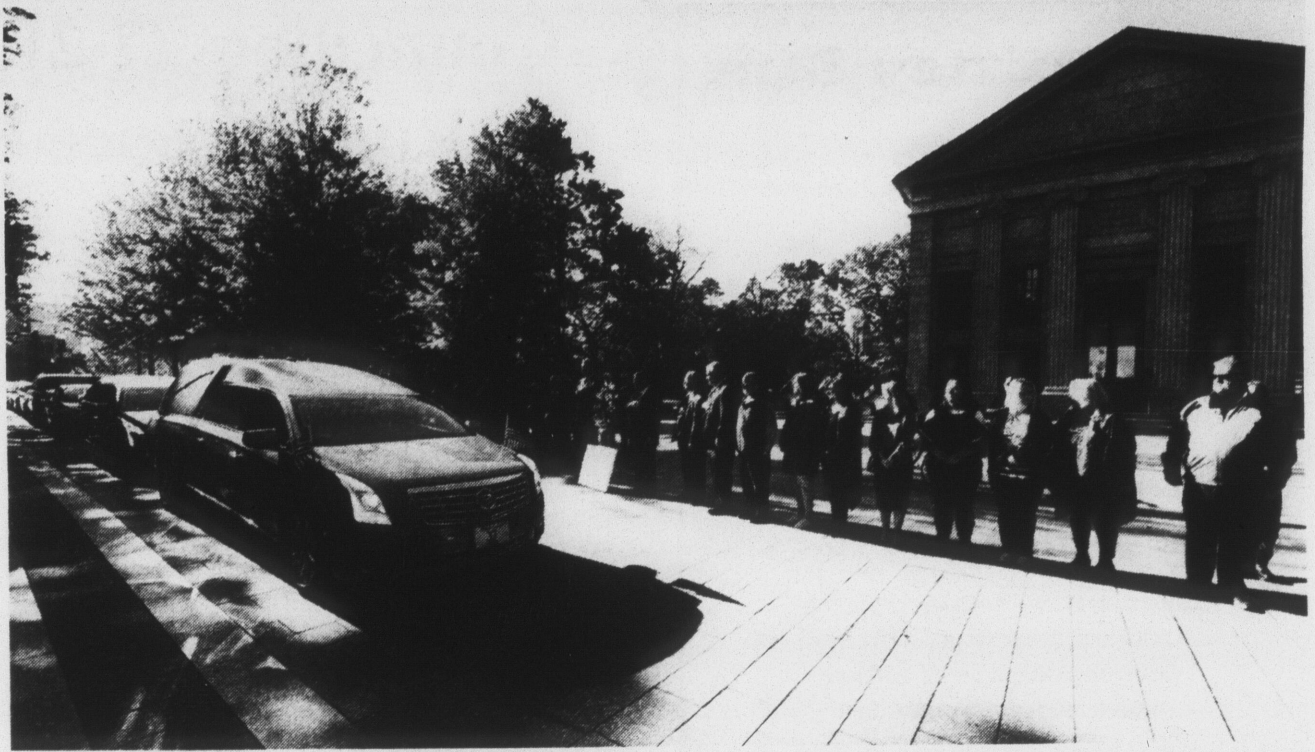
FoxRock had previously gone before the Planning Board with a proposal to construct a 150,000-square-foot office building, a 490-car garage, and the 20-story building containing 125 hotel rooms and 200 apartments.

At the Nov. 10 Planning

Board meeting, David Mahoney, the attorney representing FoxRock during the permitting process, withdrew the company's request for a special permit to construct the 20-story building. Mahoney told the board the company would be removing the residential units from the project.

"There won't be a residential component of the project any longer," he said.

The company is still seeking a certificate of consistency for the overall project. Mahoney had sought a



FUNERAL PROCESSION for former Quincy Mayor Francis X. McCauley passes through Hancock-Adams Common in front of the James R. McIntyre Government Center Nov. 9th as city officials and employees pause in tribute to the city's 30th mayor. Among those paying their respects were Mayor Thomas Koch and former Mayor William Phelan. Mr. McCauley passed away Nov. 3. He was 91 years old. A funeral Mass for Mr. McCauley was celebrated Nov. 9th at Most Blessed Sacrament Church.

Quincy Sun Photo/Robert Bosworth

Cont'd On Page 13

Councillors (7-2) OK \$401,000 To Run FB Golf Course

By SCOTT JACKSON

City councillors recently approved Mayor Thomas Koch's request for a \$400,001 appropriation to cover the costs of operating the Furnace Brook Golf Course for the first half of next year.

Councillors approved the request in a 7-2 vote on Nov. 8, with Anne Mahoney and Brian Palmucci opposed. The appropriation will be charged to the revenue of the current fiscal year, FY 2022.

The city and the golf club had struck an agreement in 1971 in which the city agreed to pay the club's property taxes for 50 years. At the end of those 50 years the city would take ownership of the club. The deal came to an end this year, and the city will begin running the club on Jan. 1, 2022.

When Koch presented his proposed general budget for FY 2022 to councillors in May he included within the park and forestry budget

\$401,000 to run the club for the second half of the fiscal year, which covers the first six months of calendar year 2022. Councillors removed those funds from the budget during their budget hearings, with the assent of the administration, so the administration could provide additional information on the club this fall.

At the Nov. 8 meeting, David Murphy, the city's commissioner of natural resources, said the city plans to run the nine-hole course as a public course to give the public more opportunities to play golf. He said that is why the city will run the course instead of having a third party do so.

"We're seeing Furnace Brook Golf Club as an opportunity to work with our recreation department to really introduce many more of our residents," to golf, Murphy said.

"The truth is that there are an overwhelming percentage of people in our

community that will never get a chance to play golf and we're hoping to utilize this asset in a manner that expands opportunities for

Cont'd On Page 4

Early Deadline For Next Week's Sun

Because of the Thanksgiving Day holiday, The Quincy Sun will be published a day earlier next week, necessitating an early news and advertising deadline.

The paper will go to

press Monday afternoon and be circulated on Tuesday.

News, socials, church and youth sports releases as well as retail, legal and classified advertising should be in The Sun office, 1372

Hancock St., Quincy Center, by noon tomorrow (Friday) for the Wednesday, Nov. 24th issue.

Thank you for your cooperation and best wishes for a Happy Thanksgiving.

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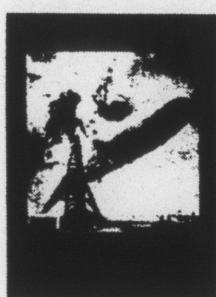
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Moments in time

THE HISTORY CHANNEL

- On Dec. 2, 1777, Philadelphia housewife and nurse Lydia Darragh single-handedly saves the lives of Gen. George Washington and his Continental Army when she overhears the British planning a surprise attack. The British were stunned to find the army waiting for them the next day.
- On Dec. 5, 1872, a British brig spots the Mary Celeste, an American vessel, sailing erratically near the Azores Islands with not a soul onboard. The last entry in the captain's log was dated 11 days earlier.
- On Dec. 4, 1945, the U.S. Senate approves full U.S. participation in the United Nations. A resolution designed to force the president to get congressional consent before approving U.S. troops for any U.N. peacekeeping forces was defeated.
- On Nov. 30, 1954, the first modern instance of a meteorite striking a human being occurs in Alabama when an 8.5-pound meteorite crashes through the roof of a house and strikes a woman. She was not permanently injured.
- On Dec. 3, 1984, an explosion at a Union Carbide pesticide plant in Bhopal, India, leads to the worst industrial accident in history. At least 2,000 people died and another 200,000 were injured when toxic gas enveloped the city. Plant workers had failed to act when gauges showed a dangerous build-up of pressure in the tanks.
- On Dec. 1, 1990, over 130 feet below the English Channel, workers drill an opening through a wall of rock, connecting the two ends of an underwater tunnel linking Great Britain with the European mainland. The completed "Chunnel" rail shuttle through the tunnel runs 31 miles and takes 20 minutes.
- On Nov. 29, 2011, Conrad Murray, the doctor convicted of involuntary manslaughter in the 2009 death of singer Michael Jackson, is sentenced to four years in prison. The pop star died after suffering cardiac arrest while under the influence of propofol.

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Comparing holiday cactuses

The so-called "Thanksgiving Cactus" and "Christmas Cactus" are actually succulents. They must have cooler temperatures, and sit in darkness for about 6 weeks for the flower buds to appear on the stalk tips. When that happens you can bring the plants into a warmer area for your enjoyment, although you should avoid placing it in direct sunlight. - Brenda Weaver

Sources: www.extension.iasstate.edu/worldofsucculents.com



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Councillors (7-2) Approve \$401,000 To Run Furnace Brook Golf Course

Cont'd From Page 4

people to play golf."

While the city will be running the course itself, Murphy said the city would be seeking a third-party vendor to run the food and beverage operations on site. The city cannot hold a full liquor license, he said.

The \$401,000 appropriation will cover the operating costs of the course, such as salaries, for a half year. Murphy said the cost for running the course for the entirety of fiscal year 2023, which begins on July 1, 2022, would be in the range of \$720,000 to \$750,000.

In addition to the operating costs, Murphy said the clubhouse on site, a converted home that was built in 1926, would need to be replaced, along with the maintenance shed. The cost to build the new clubhouse could be somewhere between \$5 million and \$5.3 million.

The annual cost to operate the course, and the capital expenses, should be offset by the revenue the course generates — such as greens fees, cart fees, rental hall income, rent from the food and beverage vendor and fees for membership or annual permits — plus the money the city will no longer have to appropriate to pay the club's property taxes, Murphy said. In fiscal year 2021, \$125,000 had been set aside in the city budget to cover the club's property taxes.

"If you combine what we

expect to be surplus revenue with that figure, I think even with those capital expenditures we should be at close to break even," Murphy said.

Ward 3 Councillor Ian Cain, in whose district the club is located, said municipal courses like George Wright Golf Course and Franklin Park, both of which are in Boston, and D. W. Field Golf Course in Brockton have been successful.

"These are all revenue-generating courses and I think that the same is going to happen for Quincy," he said, adding that the course would benefit financially by making additional tee times available to the general public.

Cain said he looked forward to working with the administration to help plan the future of the site.

"We still have a lot more work to do in terms of presenting to the neighborhood for what is going to happen for this property," he said. "I look forward to working with you on that."

Ward 6 Councillor William Harris said he would support the request because it had the backing of Cain, the ward councillor. Harris added that he was confident the course would not operate at a loss.

"If a golf course loses money, someone should go to jail," Harris said. "Revenue will come in. I am very confident that everything is going to be fine."

City Council President Nina Liang noted the coun-

cil could cut the line items associated with the golf course in the future if the revenue numbers are not enough to offset its costs.

"If...we don't see the numbers coming in the way we want them to, we can in fact make those cuts moving forward," she said.

Palmucci, who voted against the appropriation, said he thought the request was going to be referred to the council's finance committee for further discussion instead of being voted on the same night it was introduced. Palmucci said he would have preferred considering other options for the course, like having a third party run the operations.

"I'm not satisfied that we've explored all of our options to not put the taxpayer on the hook for a golf pro and a \$5 million clubhouse that needs to be built, so for now I'm going to vote no on this," he said. "Whether it passes or doesn't pass, I think we should explore some other options here."

Mahoney, who also voted against the proposal, said the administration should have discussed plans for the course with the council sooner, because the administration had known the deal with the club was ending this year. She said the information provided to councillors ahead of the meeting, a two-page memo and a one-page budget sheet, was inadequate.

"I'm not going to be supporting this because I

think you should really have transparency about this," Mahoney said. "As Councillor Palmucci said, could there have been someone else? What are the other options that we have? Why are we here at the eleventh hour making this decision and putting it on the taxpayers of the city of Quincy?"

Chris Walker, Koch's chief of staff, said it was up to councillors to decide whether or not a finance committee meeting should be held to discuss the matter.

"It wasn't a rush in June when we first presented it and it is not something that cannot have a subcommittee meeting going forward," Walker said. "That being said, I want to be clear here that we are basically turning a key on this operation from a private operation to a public operation."

"We don't really have a choice in this matter either, councillors. The lease is up. The city owns this property. The city did not seek to purchase this property. The city did not choose to own this golf course. The fact is we do own it and what is before you is a very baseline level of essentially turning the operation that exists immediately today over to the city and that is what we plan on doing for the first several months and into the first year."

"Then, we will get back to this body and the community with a further substantive plan on what is next for the property."

Veterans' Bonus Division Now Offers Bonuses For Persian Gulf War Veterans

The State Treasurer's Veterans' Bonus Division announces it now offers the Persian Gulf War Bonus.

The bonus, which was formally offered by the Massachusetts Department of Veterans' Services, provides payments for Veterans involved in the Persian Gulf War from 1990 to 1991. This is a one-time offering, so Veterans who already received their payment from the Department of Veterans' Services can't receive another bonus.

Veterans are eligible to receive the bonus if they performed active service for a period of 30 days or more from Aug. 2, 1990 to April 11, 1991 and were discharged under honorable conditions. Veterans must have lived in Massachusetts prior to their service. Family members of deceased servicemembers who died on active service in support of the Persian Gulf War can

also apply for this bonus.

A single payment of \$500 will be granted to active service Veterans involved in Operations Desert Shield and Desert Storm. A \$300 bonus will be offered to Veterans called to active service in support of those operations in an area other than the Persian Gulf. To inquire about or apply for the Persian Gulf War Bonus, please visit <https://www.mass.gov/orgs/veterans-bonus-division> to begin the online process. Veterans can also follow that link for details on how to submit their ap-

plication through the mail.

"Veterans face unique challenges when it comes to planning for their financial futures," said State Treasurer Deborah B. Goldberg. "This bonus, like others offered by the Division, is another way of honoring our servicemembers and helping them toward achieving economic security."

Along with offering the Persian Gulf War Bonus, the Veterans' Bonus Division updated its website to streamline the application process. The division hopes that the new changes will

make it easier for Veterans to navigate the website and apply for their eligible bonuses.

Through its program, the Veterans' Bonus Division serve veterans of the Commonwealth and their families by providing financial assistance when eligible. The Veterans' Bonus Division distributes bonuses for eligible active duty, discharged, and deceased Massachusetts veterans who served during various conflicts in single or multiple deployments.

Wollaston Congregational Church Annual Holiday Fair Saturday

Wollaston Congregational Church, 48 Winthrop Ave., will hold its annual Holiday Fair at the church on Saturday, Nov. 20th from 9 a.m. to 2 p.m.

Come and do some early

Christmas shopping or pick up some great items for Thanksgiving.

The fair will feature baking, cookies, candles, jewelry, canning, knitting, candy,

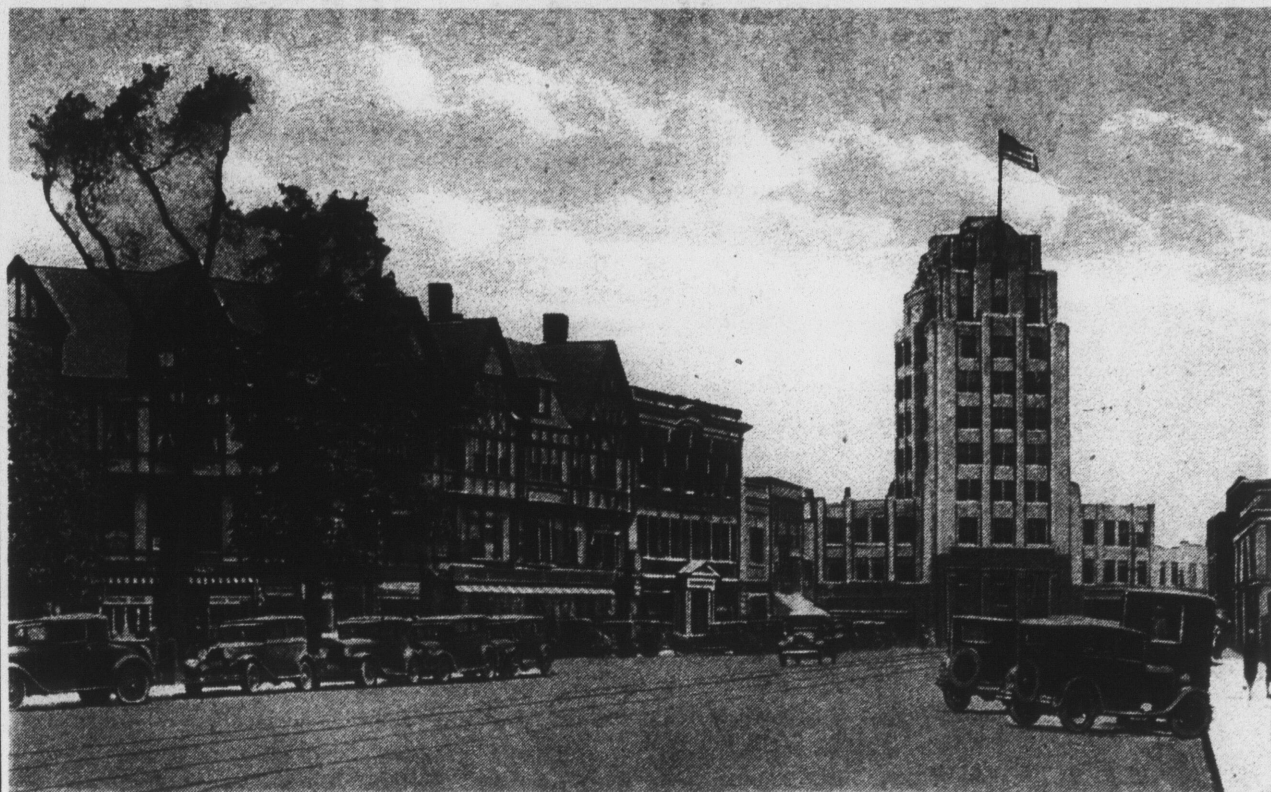
attic treasures and more. The Wolly Cong. Cafe will be serving lunch from 11 a.m. to 1 p.m. Those who are unvaccinated should wear a mask inside the church.

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Scenes From Yesterday



THIS IS A 1930s postcard view of Quincy Square just after the Granite Trust Company's building was built by its Chairman Theophilus King. The view is looking south from today's Hancock-Adams Common. King insisted that the U.S. flag fly every day from the top of the building as it does today. Not discernible is the sign over Howard Johnson's first restaurant on the left of the bank's entrance. King financed Johnson on the

condition he open a restaurant in his new building. The old Quincy Savings Bank building in the center of the picture is home today to the offices of The Quincy Sun. Each bank's building entrance is made of Hitchcock granite known in the trade as "The Aristocrat." It came from the Hitchcock Quarry, on Quarry Street, that was owned by The Quincy Quarries Company of which King was president.

From the Tom Galvin Postcard Collection

Councillors Seek Funds For Outside Counsel

By SCOTT JACKSON

City councillors want Mayor Thomas Koch to set aside funds in the budget to allow the body to bring in its own outside legal counsel when it deems it necessary to do so.

Koch's chief of staff said the mayor is unlikely to grant that request.

City Councillors on Nov. 8 unanimously approved a resolution asking the mayor to set aside \$60,000 in the budget so councillors could procure outside legal counsel if necessary. Councillors Brian Palmucci and Anne Mahoney introduced the resolution.

Mahoney noted the City Council has had its own outside counsel for certain matters concerning the redevelopment of Quincy Center, such as the negotiation of land disposition agreements. That attorney, James Shea, has retired.

"I think Attorney Shea was very valuable in some ways, but there are other areas in the city that we're working on that the City Council could benefit from having our own legal counsel," Mahoney said.

Palmucci said city councillors should have an attorney to turn to as they determine whether or not FoxRock properties is adhering to the terms of the 2019 land disposition agreement it reached with the city to redevelop a portion of the Ross Lot in Quincy Center.

"I think there is some substantial issues coming up relative to FoxRock and their performance under the LDA, and this body does not have an attorney that we can go to for a legal opinion about compliance," Palmucci said.

Chris Walker, Koch's chief of staff, said the administration did not know Shea had retired until a

week or so prior to the Nov. 8 meeting. Walker said the mayor would likely provide the City Council with its own legal representation during negotiations for future land disposition agreements.

"At the point in time when we get to the next LDA, I don't see any real reason we wouldn't continue the process that seems to have worked well previously," Walker said. "We certainly would talk with councillors...on finding an appropriate replacement with Mr. Shea."

Walker, however, said the mayor would likely not add a line item to the budget for the council to hire outside counsel. Councillors had approved a similar resolution seeking a line item for outside counsel in 2016, which Koch ruled out creating at that time, and Walker said the mayor's position on the matter was likely un-

changed since then.

"I don't believe his opinion has changed over the course of the last several years," Walker said. "His baseline opinion on this is that the city solicitor's office is the council's representation. Policy differences aside, the city needs to speak in one voice when it comes to legal opinions."

Walker said land disposition agreements are a unique situation because the City Council plays an active role in those negotiations.

"It makes some sense to have another set of eyes and another set of hands in that sort of scenario," Walker said. "I'm not going to say there are not other scenarios where that may also be a worthwhile endeavor, but generally speaking... [Koch's] belief has always been the city speaks in one voice when it comes to legal representation."

NCSO Earns Accreditation From NCCHC

Norfolk County Sheriff Patrick McDermott announces the Norfolk County Sheriff's Office has again earned accreditation from the National Commission on Correctional Health Care by demonstrating compliance with NCCHC's Standards for Health Services in Jails.

Accreditation recognizes the NCSO's dedication to compliance with the most respected standards in correctional health care.

"The Norfolk County Sheriff's Office has an ob-

ligation to provide justice-involved individuals with quality medical and mental health care, and we continue to go above and beyond to ensure that individuals in our care have access to these services," McDermott said. "Our medical and mental health staff are dedicated to providing top-notch care to everyone who comes through our facility, and I am grateful for their commitment to our mission."

The NCSO underwent a rigorous on-site survey in September 2021. An ex-

perienced physician and other experts in correctional health care surveyed the facility for compliance with standards on continuous quality improvement, safety, infection control, chronic care, personnel and training, medical and mental health care, health records, and legal issues.

NCCHC has surveyed and accredited jails, prisons, and juvenile detention and confinement facilities for

40 years. The NCCHC standards used in accreditation are developed with input from the nation's experts in correctional health care.

In addition to accreditation with the NCCHC, the Norfolk County Sheriff's Office has recently been re-accredited by the American Correctional Association, earning perfect scores in mandatory and non-mandatory standards for the first time in agency history.

Readers Forum On Page 30

Quincy's Yesterdays

This Week
1942
79 Years Ago

Lane, Ross Win Mayoral Nominations

State Rep. Myron N. Lane and former Mayor Charles A. Ross were nominated for mayor in Tuesday's city preliminary election.

Lane led the field of five candidates with 4,807 votes followed closely by Ross who had 4,478 votes.

Lane expressed his appreciation for his vote stating, "In return for this endorsement I intend to conduct a clean, vigorous campaign, confined to the real issues before us. If I am elected Mayor I intend to give the city the best municipal administration in its history."

Ross said, "The vote indicates ultimate victory. It reflects confidence throughout the city and is evidence of the approval of my pledge to continue the stability and progress and betterment of Quincy."

(Editor's note: Ross, who served as mayor during the 1930s, would win the election. The 1942 city election was for three-year terms for mayor and city council. The election ended the staggered elections in place in Quincy since 1920.)

BURGIN MADE NAVY LIEUTENANT, JENNESS WILL BE ACTING MAYOR

Mayor Thomas Burgin, who had announced that he would retire from office at the end of his term to enlist in the Armed Forces, said that he had been commissioned as full lieutenant in the U.S. Naval Reserve.

The First Naval Division announced later that Burgin had been assigned to the office of the supervisor of shipbuilding at the Fore River Shipyard. He reported for duty Monday, Nov. 16.

Ward One Councillor and Council President William W. Jenness would serve as acting Mayor for the balance of Burgin's term, which ends on the first Monday of January 1943.

Under the law, Burgin and Jenness will share the mayoral salary of \$96 per week. Each received one-half (\$48).

QUINCYISMS

Lincoln's Store, Quincy Center, was offering "Half Sole Shoes, Men's, Women's, Children's" \$0.89 a pair.... The question, "Shall I Smoke?" was debated by a group of church members at the Wollaston Baptist Church. **Miss Dorothy Blair** took the affirmative side while **Lewis Webster** argued the negative side. The contest was ruled a "draw" by Moderator **George Snyder**... **Mr. and Mrs. William P. Wragg**, 59 Colby Rd., Atlantic, recently celebrated their 28th wedding anniversary at a party at their home... **Miss Isabel McAuley**, daughter of John McAuley, 45 Beechwood St., Quincy Point, was married to **Lt. George Morrill Blake**. The wedding was held at St. Joseph's Church with **Rev. Fr. Joseph Murphy** officiating... **Edmund Corvi**, 20, son of **Fred Corvi**, 65 Willard St., West Quincy, was recently promoted to Aviation Machinist Mate, third class, at the Naval Air Station, Pensacola, FL.... **Robert Phillips**, a seaman in the U.S. Navy, was among those rescued after his ship, the destroyer USS Meredith, was sunk in the Pacific by the Japanese... The Quincy High School football team easily defeated Somerville High, 20-0, in a game played in Somerville. "**Hammering Hank Conroy**" and "**Crushing Craig Capaccioli**" were up to their old tricks again. The pair went on the warpath and nothing could stop them. They picked up the bulk of Quincy's yardage with their "gangway her we come" ball carrying... **Delores Costello** and **Joseph Cotton** were playing in the "Magnificent Ambersons" at the Alhambra Theater, Hancock St., Quincy Center... The Quincy Rotary Club celebrated the 20th anniversary of the club's founding at a "Ladies Night" program at the Neighborhood Club. Six charter members of the club were honored at the event. They were **Senator John D. MacKay**, **Forrest I. Neal**, **Dr. Bernard N. Farren**, **Frank W. Hibbett**, **Arthur L. McGilvary** and **Harry E. Gould**... Granite City Coal Co., 64 Penn St., South Quincy, was advertising "Perfection Bituminous Stove Coal No. 1 for \$12.50 cash per ton"... The junior choir at the Houghs Neck Congregational Church gave a concert to raise money for choir robes. The members of the choir included: **Dorothy Leonard**, **Eileen MacDonald**, **Joan Kirby**, **Ruth Kellough**, **Gloria Brummitt** and **Emily Jackson**... Howard Johnson's on Southern Artery, Quincy, was offering its "Famous Fried Chicken Plate for Only 55 cents"... State Insurance Commissioner **Charles F.J. Harrington** announced that rates for compulsory auto insurance for Quincy and other South Shore communities will be slashed from 20 to 45 percent over the 1942 rates. Quincy's 1942 rate of \$32.10 would be lowered to: \$17.70 for those with A ration books (45%), \$22.50 for those with B ration books (30%) and \$22.70 for those with C ration books (20%).

City Welcomes Greater Boston Concierge Association

Group Visits Historic Sites, Stops At Welcome Center, Hotels

The Greater Boston Concierge Association was recently welcomed by the City of Quincy's Department of Tourism and the City of Quincy's Planning and Community Development Department for a tour of the city's historical sites.

The group also stopped at the new Welcome Center, Generals Bridge and Park, the newly renovated Marriott, Staybridge/Holiday Inn and updated Best Western.

The tour began with travel arrangements offered by Marina Bay/Winthrop Ferry service from Boston to Quincy, where they then boarded the Old Town Trolley for a day of discovering Quincy. The day included, the Heart of City tour, Church of Presidents,

Adams National Historical Park - Peacefield and the Birthplaces, and site visits to area hotels.

As partners in the tourism industry the GBCA's mission is "to help promote tourism and create a positive image, develop unity, foster participation, and increase the skills of Concierges and guest services of the communities they represent."

"These partnerships and collaborations are essential to the overall tourism and economic impact for the City of Quincy," said Quincy Tourism Director Dagny Ashley. "We were excited to offer our friends at the GBCA and city partners a day filled with valuable visitor information and networking opportunities."



THE GREATER BOSTON Concierge Association was recently welcomed by the City of Quincy's Department of Tourism and the City of Quincy's Planning and Community Development Department. Among those greeting the group were Quincy Tourism Director Dagny Ashley; Maureen Geary, director of Business & Government Relations; and Bob Damon, director of Historic Heritage Resources. The group is shown here in front of the James R. McIntyre Government Center.

Photo Courtesy City of Quincy

Movie Review: 'Eternals'

By BOB GARVER

"Eternals" is one of those Marvel Cinematic Universe movies that tries to introduce a whole team of new superheroes at once. Sometimes this works to great effect: "Guardians of the Galaxy" gave us five new characters that were instantly iconic. Other times the tactic falls flat, like with Thor's forgettable entourage. The cast of "Eternals" falls between the two, though sadly the film pulls slightly toward the latter.

The Eternals are extra-terrestrial beings that have been on Earth for 7,000 years with the sole purpose of protecting humanity from monsters called Deviants. They are forbidden from interfering with human affairs unless Deviants are involved, which is why they couldn't get involved with, say, the war with Thanos. In other words, the movie had to come up with a reason why these millennia-old superheroes haven't been involved in the MCU until this point, and that reason is a poorly-followed taboo.

The Eternals are the following:

- **Ajak** (Salma Hayek), the leader who knows the dark secret of why the team is truly on Earth.

- **Sersi** (Gemma Chan), the team's new leader after Ajak is removed. She has settled into a comfortable life on Earth as a professor with her boyfriend Dane (Kit Harrington).

- **Ikarus** (Richard Madden), the most powerful member of the team, though he doesn't really apply him-

self unless fighting Deviants. He and Sersi are former lovers, having broken up a few centuries ago.

- **Sprite** (Lia McHugh), a childlike sorceress with a crush on Ikarus.

- **Kingo** (Kumail Nanjiani), who has made a life for himself as a multigenerational Bollywood superstar. His comic relief antics include making a documentary about the team along with his valet Karun (Harish Patel). He's my favorite Eternal, for the record.

- **Thena** (Angelina Jolie), who can create weapons out of nothingness, but suffers from a sort of PTSD that causes her to attack those closest to her.

- **Gilgamesh** (Don Lee), the strongest Eternal, who takes on task of protecting the world (and the other Eternals) from Thena.

- **Druig** (Barry Keoghan), a mind-manipulator who has decided not to adhere to the "don't interfere with human affairs" rule, though he has exiled himself to the Amazon rainforest and seemingly only protects the immediate area.

- **Phastos** (Brian Tyree Henry), an inventor who would like to see humans advance technologically, but learns the hard way that they will just use that tech for evil. He has made the conscious decision to retire from superhero work, opting instead for a domestic life with his partner Jack (Haaz Sleiman) and son Ben (Esai Daniel Cross). He is the first openly-gay superhero in the MCU.

- **Makkari** (Lauren Rid-

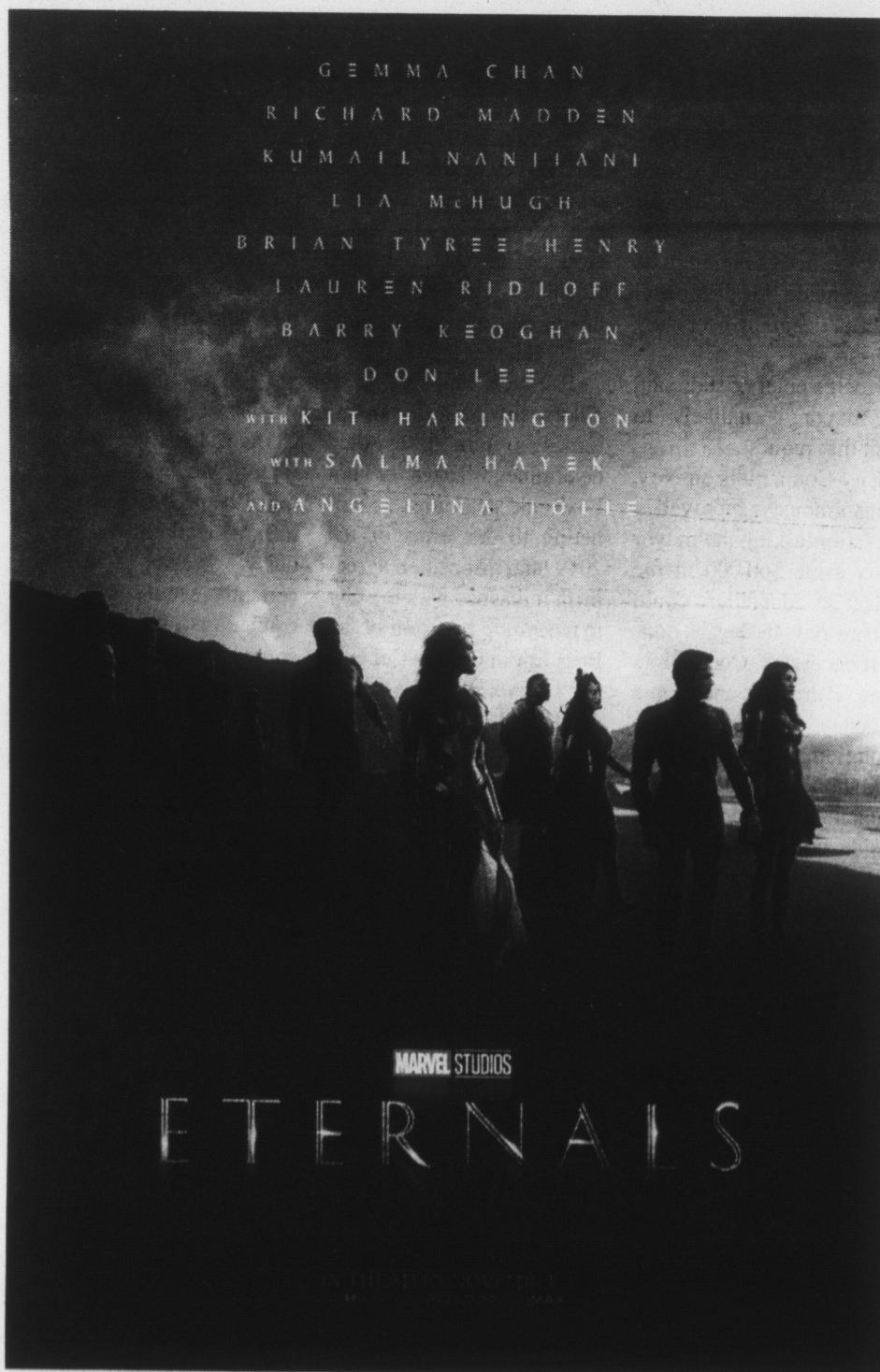
loff), a super-fast collector of artifacts who lives on the team's original spaceship in the desert. She is the first deaf superhero in the MCU.

That's 10 new superheroes, not to mention peripheral characters like Dane and Karun. You can feel the screenplay buckling under the pressure, and too often the movie feels rushed. Not rushed as in fast-paced, but more like the movie didn't have time to include everything it wanted - and perhaps needed. For example, the Eternals are faced with a non-Deviant dilemma that affects the fate of the Earth. They don't agree on how it should be handled, which leads to in-fighting and even murder. It's good that the diverse cast has a diverse array of viewpoints, but the film is so overcrowded that certain characters only get a few seconds to explain their stance, and when the film requires them to change that stance, it has to happen just as quickly.

It's admirable that Oscar-winning director Chloe Zhao wanted to take on a project this ambitious, and visually the film is a treat, but it just can't handle juggling all the characters. In an age where the MCU has the choice of debuting its new characters in a single movie or a spread-out TV series, I find it curious that a project this lofty didn't go in the other direction.

Grade: C

"Eternals" is rated PG-13 for fantasy violence and action, some language and brief sexuality. Its running time is 167 minutes.



Wollaston Congregational Church Annual Holiday Fair Saturday

Wollaston Congregational Church, 48 Winthrop Ave., will hold its annual Holiday Fair at the church on Saturday, Nov. 20th from 9 a.m. to 2 p.m.

Come and do some early

Christmas shopping or pick up some great items for Thanksgiving.

The fair will feature baking, cookies, candles, jewelry, canning, knitting, candy,

attic treasures and more. The Wolly Cong. Cafe will be serving lunch from 11 a.m. to 1 p.m. Those who are unvaccinated should wear a mask inside the church.

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Social

Help Feed The Hungry At Interfaith's Gala Dec. 3

Interfaith Social Services' signature fundraising gala returns in-person this year with all the entertainment, food and beverages, games and auction packages that the event is well known for.

A limited number of tickets are available for the 2021 Feed the Hungry Gala, which will be held on Dec. 3 at Granite Links Golf Club. A virtual ticket option is also available for those that would like to watch the event program remotely.

Interfaith operates one of the largest emergency food programs in Greater Boston as well as a mental health counseling center, homelessness prevention program and seasonal initiatives that bring joy to children and families in need. Interfaith's programs are a safety net for thousands of people on the South Shore who are struggling to make ends meet. Proceeds from the Feed the

Hungry Gala provide for a significant portion of Interfaith Social Services' annual funding.

Now in its 24th year, the gala features a chef dine around where attendees sample food and beverages from some of the region's top restaurants. Participating restaurants include Abby Park, Big Rock Oyster Company, Fratelli's Pastry Shop, Granite Links Golf Club, JP Fuji Group, Miam Miam Macaronerie, Pearl & Lime Bar & Cocina, Purefections Chocolate, The Range, The Tavern at Weathervane, and Victory Point Marina Bay. Beverages will be provided from Bent Water Brewing, Bin Ends Wine, Spiritfruit, Stellwagen Beer Company, and Widowmaker Brewing.

Attendees can participate in games with prizes valued up to \$500 and a silent auction featuring Boston sports tickets, mini vacations, one-

of-a-kind items and unique experiences. The South Shore's Old Oaken Bucket Band will be providing live music.

The gala is sponsored by many individuals and businesses, including Presenter Level Sponsors Arbella Insurance Foundation and Mayor Tom Koch, the City of Quincy; and Hero Level Sponsors Foxcroft Real Estate Management, Granite City Electric Supply Company, MavroCreative, Plymouth Quarries, Quincy Mutual Group, Rural Masonic Lodge of Quincy, Signet Electronic Systems, Inc., and Walmart.

Sponsorships and tickets are available at FeedtheHungryGala.org. Only 250 tickets (half capacity) will be sold this year.

To find out more about Interfaith's programs, visit InterfaithSocialServices.org.



JP FUJI GROUP, shown here at Interfaith Social Services' 2019 Feed the Hungry Gala, will return to the Gala in 2021 as part of the restaurant dine around. Restaurant and beverage stations are a highlight of the annual event, this year on Dec. 3 at Granite Links Golf Club.

Photos Courtesy Pierce Harman Photography



GUESTS AT INTERFAITH Social Services' Feed the Hungry Gala raise their paddles to raise funds for the organization in 2019. A limited number of tickets to the 2021 Gala on Dec. 3 at Granite Links Golf Club are available now at FeedtheHungryGala.org.



CARNIVAL-STYLE GAMES, live music from the Old Oaken Bucket Band and an exciting silent auction will entertain attendees at Interfaith Social Services' Feed the Hungry Gala. Tickets to this year's Dec. 3 event at Granite Links Golf Club are on sale now at FeedtheHungryGala.org.

Norfolk County Bar Association Free Legal Clinic At Quincy Court Dec. 7

The Bar Association of Norfolk County will hold a Free Legal Clinic in person on Tuesday, Dec. 7, from 6 to 8 p.m. at the Quincy District Court for those in need of legal assistance.

Attorneys experienced in all areas of the law will be available for a free one-on-

one confidential consultation to those who have questions or concerns regarding a legal issue.

For those who wish to telephone for a referral, the Bar Association will refer you to an experienced private attorney who specializes in your legal matter. The

referral service is a full fee paid service covering auto accidents, personal injury, estates/wills, criminal, family law and real estate and more. Once referred to an attorney, the first half your consultation is \$25.

For more information call 617-471-9693.

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Bible Study At Knights Of Columbus Hall

The public is invited to a Bible Study the second and fourth Tuesdays of

the month at 6 p.m. at the Knights of Columbus Hall, 5 Hollis Ave., North Quincy.

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Broadway's Liz Callaway, 'Rising Stars' In Concert Nov. 27

JM Productions and "Rising Stars" of Quincy announce a unique Broadway concert starring Emmy Award winning and Tony Award nominee, Ms. Liz Callaway.

Broadway fans will know Ms. Callaway from her multiple characters live on stage in six Broadway shows. Families will know Liz as she sang the Academy Award nominated song "Journey to the Past" in the animated feature Anastasia.

The concert will be presented live at The Marriott Hotel in Quincy on Saturday, Nov. 27 at 8 p.m. Liz will be joining students from the "Rising Stars" program on stage.

Liz Callaway is a Tony nominee and Emmy Award-winning actress, singer and recording artist. She made her Broadway debut in Stephen Sondheim's "Merrily

We Roll Along," received a Tony Award nomination for her performance in "Baby," and for five years, won acclaim as Grizabella in "Cats." She has also starred in the original casts of "Miss Saigon," "The Three Musketeers," and "The Look of Love."

Callaway has released seven solo albums: *Passage of Time*, *The Beat Goes On*, *The Story Goes On: Liz Callaway On and Off-Broadway*, *Anywhere I Wander: Liz Callaway Sings Frank Loesser, Merry and Bright*, *The Essential Liz Callaway*, and her latest CD *Comfort and Joy: An Acoustic Christmas*. She has also released four singles "Be a Lion" from *The Wiz*, "The Morning After" by Oscar-winning songwriter David Shire, "Beautiful City" from *Godspell*, and a duet of her Oscar-nominated song

from Anastasia, "Journey to the Past" with the star of Anastasia on Broadway, Christy Altomare. Her numerous other recordings include *Sibling Revelry*, *Boom! Live at Birdland*, *A Christmas Story - The Musical*, *The Maury Yeston Songbook*, *Dreaming Wide Awake: The Music of Scott Alan*, *Hair in Concert*, and the complete recording of *Allegro* produced by the Rodgers and Hammerstein Organization.

Ms. Callaway for a portion of the concert is the "Rising Stars" chorus. Students from the South Shore audition to take part in the program. Audio and video clips are sent to JM Productions with the hope of securing a slot in the program. "Rising Stars" collaborates with singers 12 - 21 who have that special and unique quality as performance art-

ists. It is the philosophy of "Rising Stars" to provide each child with the opportunity to explore performance art in a fun, safe, and structured learning environment. "Rising Stars" is interested in enrolling students who are curious about the performing arts as a life goal or simply an extracurricular activity helping the student to become a well-rounded individual.

Its goal is to create an environment much like that of a traditional audition for a Broadway show. Students learn the skills needed to land a featured or supporting role in their school, university, or professional show environment. They learn how to deal with rejection but at the same time how to manage their time, hone their given skills and present professionally.

In 2019 (pre-COVID) Tony Award winning and Broadway star Lillias White along with Emmy nominated and Broadway Music Director Seth Rudetsky took to the stage to sing with our "Rising Stars" chorus. The evening was a sell out and a wonderful experience for



LIZ CALLAWAY

the talent, students, and our audiences alike. The same energy and sell out for Ms. Callaway's concert is antici-

pated. Tickets can be purchased at <https://ticketstothecity.com/jm>

WHAT'S COOKING

with
Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Cornflake Cookies

By MARIE

This delicacy is the most delicious cookie that I have ever had - the combination of cornflakes and coconut is amazing.

This recipe can make 8 dozen cookies which is good in case you make them for a school or church fair; however, you can cut the recipe in half or you can make a bigger cookie.

Ingredients and Directions

Preheat Oven to 350 degrees; prepare two cookie sheets with parchment paper

2 cups of flour
1 teaspoon baking soda
½ teaspoon salt
½ teaspoon baking powder
1 and ½ cups butter
1 cup granulated sugar

1 cup of brown sugar
2 eggs - well beaten
1 teaspoon of vanilla
2 cups of shredded coconut, unsweetened
2 cups of cornflakes

In a bowl place flour, soda, salt and baking powder.

Cream the butter, add sugars, gradually add the eggs and the vanilla, now add dry ingredients to the creamed mixture together.

Now fold in coconut and corn flakes mix until all ingredients are well blended.

Drop by teaspoon on prepared cookie sheet, approximately 1 and ½ inches apart.

Bake in a 350-degree oven 8 to 10 minutes or until cookies are delicately browned. Makes 8 dozen, but you can cut the ingredients in half.

Quinoa Butternut Squash, Kale Pilaf

By SUZIE

Here is a delicious recipe for those who may be on the "fence" about trying quinoa. Quinoa is easy to digest, gluten free, delicious and easy to prepare as well. For culinary purposes quinoa is considered a "grain" but actually it is a seed. Loaded with calcium (who needs milk?) 5 grams of protein, fiber, iron, and many other minerals, I think you will start keeping quinoa in your pantry after tasting this recipe.

QUINOA BUTTERNUT SQUASH AND KALE PILAF

2 ½ cups rinsed and drained quinoa
5 cups chicken or vegetable broth
½ cup chopped onion
2 cloves garlic, minced
1 head of lacinto kale, destemmed and chopped
2 cups butternut squash, cubed
3 tbsp. Olive oil
1 tbsp. Ghee or pasture butter
sea salt

pepper
½ lemon juiced
2 tbsps. Each fresh sage and fresh thyme, chopped.
Parmesan cheese

Place quinoa and broth in saucepan and let come to boil. Cover and simmer between 12 and 15 minutes until broth is absorbed and quinoa is done. Keep covered.

While quinoa is cooking, saute' onion in oil and ghee/pasture butter until lightly browned and sizzling. Add squash and kale. Toss in about a teaspoon of sea salt and some freshly ground pepper. Stir well and put heat down low. Toss in garlic and cover and cook, stirring occasionally, about 15-20 minutes until squash is done and kale is tender. (Sometimes I add a bit of broth at the end if too dry, it all depends on how many times you take off the cover and let off too much steam.)

Toss vegetables in with the cooked quinoa. Add in the herbs, lemon juice, more sea salt if needed, and pepper to taste. Drizzle with olive oil and sprinkle with cheese. Serve hot.



DAVID ABEL (RIGHT) of *The Boston Globe* was the keynote speaker at the Friends of the Blue Hills Annual Celebration. Abel is pictured above with Matt Panucci, Friends' board president and Judy Lehrer Jacobs, Friends' executive director.

Courtesy Photo

Friends Of The Blue Hills Hybrid Annual Celebration Record-Breaking Success

The Friends of the Blue Hills hosted its Annual Celebration Oct. 7 at the Canton Town Club in Canton.

The evening included an online silent auction and

presentation of the organization's 2021 Community Partner Awards. Ruth Bigio, Maggi Brown, Debbie Merriam, and Mark Smith were recognized for their tremendous efforts to protect and preserve the Blue Hills Reservation.

This year's Annual Celebration was a hybrid with both in-person and online experiences. Despite limiting in-person attendance to 50 percent, the Friends of the Blue Hills' Annual Celebration was a record-breaking success, raising over

\$30,000 to care for the park. In addition to the Community Partner Awards, guests heard from keynote speaker David Abel, an award-winning Boston Globe journalist and documentary film maker.

Prior to the keynote, online guests enjoyed a presentation by UMass Biology Professor, Dr. Rick Kesseli and a special Q & A with David Abel after his keynote address.

To learn more about the Friends of the Blue Hills visit www.friendsofthebluehills.org.

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Cardiovascular Response Differences Between Recumbent Cycling And Upright Cycling

Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

As we move into the colder weather months, many of us are changing from outdoor cycling to indoor cycling. Whether you train in a fitness facility or at home, you typically have the option of using a recumbent exercise cycle or an upright exercise cycle.

Although models vary, recumbent cycles typically enable a more horizontal leg-extended position and a more reclined (and back supported) torso position. Conversely, upright cycles require a more vertical leg-extended position as well as a more vertical (and non-supported) torso position. Different people have different preferences, so we decided to conduct a research study to examine some of the physiological factors that may affect the choice of recumbent cycling or upright cycling.

The purpose of our 8-week this research project was threefold: First, to observe the effects of cycle ex-

ercise on body composition and physical fitness.

Second, to monitor perceived exertion, heart rate, and blood pressure responses during each upright and recumbent cycling session. Third, to compare perceived exertion, heart rate, and blood pressure during identical work levels on an upright cycle and a recumbent cycle.

Based on the results of the initial fitness evaluation, each participant was placed on a cycling program with appropriate exercise intensity and duration. After an introductory period, each participant alternated workouts on the upright cycles and recumbent cycles. During each training session we assessed each person's perceived level of exertion, heart rate, and blood pressure at rest, at five minutes, at 10 minutes, at 15 minutes, and at 20 minutes of exercise.

Improved Endurance

As the participants' cardiovascular endurance

improved, the exercise intensity was progressively increased. These increases occurred only when their perceived exertion, heart rate, and systolic blood pressure dropped below their previous levels.

After eight weeks of regular endurance training and equipment familiarization, the participants performed identical work levels on an upright cycle and a recumbent cycle. Values for perceived exertion, heart rate, and blood pressure were compared to determine any differences due to body positioning.

The exercisers complied with their scheduled training program at an exceptionally high rate of 99 percent, and made significant improvements in their body composition, leg strength, back flexibility, and cardiovascular endurance.

Each subject's average perceived exertion level, heart rate, and blood pressure for upright cycling and

recumbent cycling were plotted on individual charts for all eight training weeks. These charts revealed a consistent pattern of higher heart rates and higher systolic blood pressures during upright cycling, even though the work levels were typically a little lower.

Identical work levels performed on an upright cycle and a recumbent cycle produced similar diastolic blood pressure responses at 5, 10 and 15 minutes, and similar perceived exertion levels at 5 and 10 minutes. However, both the heart rate and systolic blood pressure responses were significantly higher during upright cycling at 15 minutes.

After eight weeks of cycle exercise all of the participants experienced significant improvements in body composition and physical fitness. Because the partici-

pants maintained their normal activity pattern during the study, the cycle exercise was most likely responsible for these beneficial changes.

The major objective of this study was to compare perceived exertion, heart rate, and blood pressure responses during identical work levels on an upright cycle and a recumbent cycle. After eight weeks of training and equipment familiarization, it was concluded that the differences observed during identical work levels were most likely due to the different body positioning during the aerobic activity performance.

The participants' diastolic blood pressures were similar on both the upright and recumbent cycles, indicating normal vascular response to endurance exercise. The participants' heart rates and systolic blood pressures were significantly lower during recumbent cycling, indicating less cardiac effort when exercising on this type of equipment. Apparently the elevated leg position during recumbent cycling facilitates blood distribution and return, thereby reducing cardiovascular stress. This was consistently the case even though the study participants' perceived exertion readings were similar during both recumbent cycling and upright cycling, demonstrating essentially the same level of physical effort on both types of cardio equipment.

From a practical perspective, it may be advisable for less fit individuals to perform a few weeks of recumbent cycling prior to doing upright cycling, as



WAYNE WESTCOTT

there may be less likelihood of exceeding desirable heart rate and blood pressure levels during the initial conditioning period. This conservative exercise approach would seem particularly appropriate for cardiac rehabilitation programs, post surgery patients, obese individuals, and older adults, as well as for people who benefit from back support during physical activity. Based on our study findings, when the perceived physical exertion levels are essentially the same, cardiovascular stress appears to be lower during recumbent cycling than during upright cycling. On the other side of the coin, it is possible that fit individuals may attain greater cardiovascular conditioning with upright cycle training than with recumbent cycle training. Most important, however, is to train on the cycle that feels best to you, as research clearly demonstrates that people are more likely to perform physical activities that they perceive as enjoyable and reinforcing.

Wayne L. Westcott, Ph.D., is Coordinator of the Quincy College Exercise Science Department and the College/Community Fitness Center. He has written 30 books on physical fitness and strength training, as well as strength training chapters for 9 National Personal Trainer Textbooks.

Quincy College Awarded \$300,000 Grant To Develop Specialized Program In Behavioral Health Nursing

Quincy College has received a four-year, \$300,000 grant from Mass General Brigham (MGB) to develop and implement a program within its nursing curriculum that will focus on addressing the crisis in behavioral health nursing.

The grant, part of an overall \$50 million MGB investment in a comprehensive Eastern Massachusetts community and mental health strategy, will be used initially to fund a process to design curriculum aimed at increasing the college's capacity to graduate students capable of entering the field of behavioral/mental health nursing. Behavioral health nursing specialists promote health and wellness through the identification, treatment, and prevention of mental health and/or psychiatric disorders.

The need for these specialized clinicians is well-documented and growing, both nationally and regionally: the US Department of Health Resources and Services Administration reports a current nationwide shortage of nearly 1 million behavioral health/mental health nurses; and 20 Greater Boston communities have been designated as Health Professional Shortage Areas in which the ratio of mental health professionals to residents is fewer than 1 per 30,000 people.

According to MGB, the Covid-19 pandemic has exacerbated the number of individuals needing mental health support. Hospital emergency departments are often overwhelmed by the number of individuals seeking psychiatric care, and many patients are experiencing unacceptable delays in receiving treatment in both inpatient and outpatient settings. MGB's decision to award a grant to Quincy College represents an investment in an institution whose nursing program can contribute to what MGB hopes will be a robust, long-term behavioral health talent pipeline.

"We are honored to be included in Mass General Brigham's innovative approach to improving patient access to much-needed behavioral health services," said Quincy College President Dr. Richard DeCristofaro. "By awarding us this generous grant, MGB acknowledges the College's ability to be part of the solution to this continuing crisis. Our nursing program leaders are anxious to begin work on a curriculum that will eventually result in more behavioral health nursing specialists delivering care in our communities."

To assist in its efforts, Quincy College has enlisted the support of health care and community partners in-

cluding Aspire Health Alliance and Manet Community Health Center.

Quincy College is a two-year, municipally affiliated community college serving approximately 4,000 students at campuses located in Quincy and Plymouth. Quincy College is an open access institution that encourages academic achievement and excellence, diversity, economic oppor-

tunity, community involvement and lifelong learning. The college offers 37 Associate degree programs and 32 certificate programs in a variety of disciplines. Quincy College is accredited by the New England Association of Schools and Colleges and is licensed by the Massachusetts Board of Higher Education to grant the degrees Associate in Arts and Associate in Science.

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★ ★ ★ **THANK YOU!**
TINA CAHILL
FOR
SCHOOL COMMITTEE

★ ★ ★ **THANK YOU is NOT ENOUGH !!** ★ ★ ★

I am incredibly grateful and humbled by the School Committee election results.

It may sound cliché, but elections are not about one person; they are about a team of individuals with the same values, priorities, and commitment to the community in which they live.

In this race especially, we were focused on what's best for the students in our city and the education they receive.

The best way for me to say thank you is to contribute to the school committee in a meaningful way and ensure our students receive a positive and productive learning experience.

And that is what I plan to do.

My Best Wishes for a Healthy and Happy Holiday Season.

On Tuesday, Nov. 2, at approximately 12:45 p.m., Officer Rolfsen and his K9 partner, Archer, were traveling on Quarry Street when Officer Rolfsen observed a gray Jeep Patriot traveling in front of him.

Officer Rolfsen checked the status of this vehicle through his CJIS Web Mobile terminal. He learned that the vehicle had an active registration, but failed to have a Massachusetts vehicle inspection sticker.

Officer Rolfsen conducted a motor vehicle stop in the area of 158 Granite St. Officer Donnelly and Officer Reilly assisted with the stop. The operator/owner of the vehicle was identified through a Massachusetts driver's license. Officer Rolfsen informed the operator the reason he was being stopped and immediately detected a strong odor of raw marijuana coming from the vehicle.

As he was speaking with the operator in regards to his missing sticker, Officer Rolfsen observed three smart cell phones along with pre-packaged marijuana bags in the passenger's side dashboard. At that time, Officer Rolfsen asked the operator if he possessed a medical marijuana card, which he stated he did, but could not produce one. He then asked the operator if there was any other marijuana in the vehicle as the odor was overbearing. The operator hesitated and then retrieved a bag from the center console.

Officer Rolfsen then asked him if he has been in any trouble with the police prior to today's interaction and the driver said "no." Officer Rolfsen knew this to be untrue. He had conducted a query of the vehicle prior to stopping it and observed two charges of possession of narcotics (Class A and B), along with distribution charges of Class D on the operator's Board of Probation (BOP).

Officer Rolfsen advised the operator of his Miranda Rights, which he stated he understood. The operator then began to record his interactions with Officer Rolfsen on one specific smart phone, stating "I am calling my lawyer." Officer Rolfsen then asked the operator about the three cell phones he possessed. He stated they were for his daughter.

Due to the totality of circumstances surrounding this motor vehicle stop, Officer Rolfsen deployed his single purpose

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS
Public Information Officer
Quincy Police Department

narcotics detection canine. K9 Archer conducted a sniff of the free surrounding air of the exterior of the vehicle, believing criminal activity was afoot. K-9 Archer showed a positive alert to the driver's side of the vehicle. This change in behavior is consistent with a positive alert to narcotics. K-9 Archer has never been trained on the odor of marijuana.

Officer Rolfsen then returned K-9 Archer to his cruiser and advised the operator of the results. He then asked the operator to step away from the vehicle. The driver stated that he didn't consent to a search of his vehicle.

Officer Rolfsen then conducted a K-9 sniff of the free surrounding area of the operator while he was standing on the sidewalk. The driver was actively holding his cell phone (recording) in his hand while K-9 Archer showed a positive alert to his front sweatshirt pocket. Officer Rolfsen placed K-9 Archer into the cruiser and returned to the operator.

Officer Rolfsen advised him of the results and asked if he had any narcotics in his pocket or had recently handled any. The operator informed him that he recently did a "line" of coke off his cell phone which was in his pocket. Officer Rolfsen thanked him for his honesty and informed him how our canines are trained in residual drug material.

Officer Rolfsen then conducted a search of the vehicle. Behind the driver's seat was a 5-gallon bucket containing a white trash bag. Inside of the bag was a large quantity of a green vegetable matter that Officer Rolfsen immediately recognized to be marijuana, based on his training and experience. He then observed a blue fanny pack located behind the passenger's seat. As he opened the bag, he observed a black handgun and several thousand dollars in cash.

Officer Rolfsen immediately informed Officer Donnelly and Officer Reilly of his findings and placed the driver into

handcuffs, as he knew the driver did not possess a valid license to carry. Officer Rolfsen then confirmed this with QPD communications. The driver was then transported to QPD by Officer Reilly to be booked in the usual manner.

Officer Donnelly then deemed the Glock 27 .40 caliber firearm safe. Officer Donnelly removed the magazine which contained nine (9) live rounds along with one in the chamber. Officers located \$4,354 in the fanny pack. Also located in the bag was a small bag, containing fifteen (15) gray round pills marked K/57.

Officer Rolfsen knows through his training and experience that these pills are 20mg Oxycodone. There was an additional K/57 loosely in the front pocket of the bag along with a blue K/9 round pill. Officer Rolfsen knows that this pill is a 30mg Oxycodone.

As he was packaging the drug evidence, Officer Rolfsen weighed the marijuana. The marijuana totaled 488 grams, just over seventeen (17) ounces, including the white trash bag. He field tested one of the K/57 pills and it tested positive for the presumptive presence of Oxycodone. He then field tested the single K/9 pill, which tested positive for the presumptive presence of Oxycodone.

All drug evidence was packaged and handed to a detective in the Drug Control Unit (DCU). This evidence will be sent to the MA State Police Crime Lab for further analysis.

Based on the totality of circumstances, Officer Rolfsen concluded that the operator possessed the large quantity of marijuana and several suspected Oxycodone pills with the intent to distribute them to others. Additionally, the cash is proceeds of illegal sales and the cell phones were used to facilitate those sales.

The 33-year-old male from Quincy was arrested and charged with possession Class D with intent to distribute, possession Class B with intent to distribute, carrying a loaded firearm without a license, illegal possession of ammunition, possession of a firearm without an FID card, no inspection sticker, and failure to wear a seatbelt.

The defendant was ordered held on \$50,000 cash bail.

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, NOV. 5

BREAKING AND ENTERING/ATTEMPT (dwelling), 6:28 a.m., Hamden Circle. Was not able to get a description. No cameras, neighbors might have camera. Report submitted.

VANDALISM/PROPERTY (landscapers), 1:36 p.m., Roche Brothers Market, 101 Falls Blvd. Caller states market's landscapers blew debris all over his newly washed car. Restitution made.

LARCENY (flags taken), 7:43 p.m., Liberty Street. Flag was stolen from the island of flags. Caller advised to do self reporting report online. Incident closed.

SATURDAY, NOV. 6

LARCENY (medication), 3:35 p.m., Brackett Street. Has suspect info. Report to be filed.

VANDALISM/PROPERTY (car window broken/past), 5:03 p.m., Furnace Brook Parkway. Reporting party came home, window was broken. Reporting party thinks it was a family member she has been having issues with. No suspect info, case number provided.

BREAKING AND ENTERING/PAST, 10:05 p.m., Fayette Street. Called before and did not come to door is home now was told to wait at door for officer. Report to be filed.

SUNDAY, NOV. 7

No Journal Entries

MONDAY, NOV. 8

LARCENY (methadone), 8:01 a.m., Fayette Street. In QPD lobby. States he had six days of methadone left and he noticed that his medication went missing Wednesday night/Thursday morning and he didn't report it until now. Report to be filed.

TUESDAY, NOV. 9

LARCENY/MOTOR VEHICLE (already found), 1:24 p.m., East Howard Street. See caller in QPD lobby. Caller said he left the key fob in the vehicle. Vehicle that was entered into teletype had several inquiries from Boston PD. Speaking with dispatcher it was conveyed that the vehicle was towed due to street sweeping at approximately 2:30 a.m. on Nov. 9. Boston PD teletype to be contacted for the locale to be sent. Owner of vehicle contacted and given current information and where vehicle is located. Incident closed.

BREAKING AND ENTERING/PAST (dwelling), 6:25 p.m., Garfield Street. Caller said someone broke into a window to get in the house. Possible break. Report filed.

WEDNESDAY, NOV. 10

LARCENY (iPods), 8:47 a.m., YMCA, 79 Coddington

St. Reporting party from QPD lobby had her iPods stolen from YMCA and recently discovered them missing. She states she knows where they are in Quincy and requests police to assist. Party does not wish to pursue police assistance. Clear.

VANDALISM/PROPERTY (graffiti), 9:07 a.m., Walmart, 301 Falls Blvd. Graffiti on back side of building. Photo taken, forwarded to ACU3.

LARCENY (donation jar, has video), 9:21 a.m., Seven Eleven Store, 230 Washington St. Report.

ASSAULT AND BATTERY (landlord/tenant), 12:59 p.m., Newbury Street. Tenant has apartment until until Nov. 15 is no longer living there, upset that the landlord is going into the apartment. Report. Arrest for assault and battery on a police officer, disorderly and resisting arrest.

VANDALISM/PROPERTY (2 vehicles egged), 1:03 p.m., Norman Road. Just wanted to report to police does not want to speak to police.

LARCENY, 2:18 p.m., Quincy Avenue. Caller reports owner said call 911 someone stole a phone. No further information. Caller is a delivery driver. Hancock garage and area checked. Nothing show, report to be filed.

LARCENY/MOTOR VEHICLE, 3:08 p.m., Beale Street. Report filed. Stolen MV form filled out. Awaiting form for Stolen MV. Stolen vehicle entered - record entered. Keys left in motor vehicle.

THURSDAY, NOV. 11

BREAKING AND ENTERING/PROGRESS (busi-

ness), 4:13 a.m., Quincy Avenue. Multiple interior alarms, front motion detector. Key holder was contacted and is responding. iPad requested on scene. Report to file.

LARCENY (packages), 10:15 a.m., Falls Blvd. See reporting party in the office. SP opened and stole from several packages. Report filed.

VANDALISM/PROPERTY (transmission line), 11:02 a.m., Quarry Street. Transmission line cut, unknown suspect. Case number given.

ASSAULT AND BATTERY (male punched), 11:17 a.m., Hancock Street. Across from above victim is a white male with a cast and crutch. A group of kids fled the area one suspect had a black jacket with a gray hoodie. One to South Shore Hospital.

ASSAULT AND BATTERY (fighting), 10:44 p.m., Bridge Street. Two females and a male. Brewster notified. Report on mutual assault and battery.

Total Calls for Service: 1,114

Breaking & Entering Motor Vehicle: Colby Road (3), Washington Street

Breaking & Entering in Past: Fayette Street, Falls Boulevard

Breaking & Entering in Progress: Quincy Avenue

Breaking & Entering Attempt: Hamden Circle

Larceny Motor Vehicle: Beale Street, East Howard Street



STRONG SHOWING OF SHOPPERS turned out for the Holiday Shopping Expo held Nov. 13 at North Quincy High School. The expo featured more than 120 vendors, food trucks, cookie decorating and a visit by Santa Claus. The event benefitted the students at Montclair Elementary School and North Quincy High School. Photo Courtesy: William J. DelMonte

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Proposed Gopuff Shop Granted Liquor License

By SCOTT JACKSON

Gopuff, a retailer that offers both walk-in and delivery service, was granted its request for a liquor license for a proposed location in Quincy Center.

The Board of License Commissioners on Nov. 9 approved Gopuff's request to transfer the all-alcohol retail license held Regal Beagle, 385 Hancock St., to the new proposed store at 65 School St.

Joe Devlin, the attorney representing Gopuff at the license board hearing, said the company would next seek the necessary approval from the city to convert the building at 65 School St. into a store.

"We're sort of at the start of the process because the way the liquor license process works is there is not a lot of licenses available. We had to take advantage of buying this one when it was on sale," Devlin said.

"We're going to secure the license and then they'll submit their plans to the building department and go from there. They law is very clear on this, they can't use that license until they comply with all the other regulations of the city of Quincy. We're looking forward to getting started on that."

At an Aug. 17 license board hearing on Gopuff's request, Devlin described the company as a "21st century convenience store" that offers everyday items like candy, chips, soda, pet food, paper products and toiletries — along with alcohol in certain locations. At last week's meeting, he said the store would be beneficial to Quincy Center.

"We think that it's going to fit in to the Quincy Center district and it's going to bring a valuable service to the residential buildings that are going to be built there and the mixed-use buildings that are going to be built there," Devlin said.

"It's also going to have the positive of revitalizing this building."

At the August public

hearing, Devlin said there are 400 Gopuff across the United States, including six in Massachusetts. Gopuff offers alcohol at 300 of those locations, including two in the Bay State. (A company representative told the board on Nov. 9 that Gopuff does not offer any marijuana products, despite its name, and does not plan to do so.)

Customers can order from Gopuff using the company's website or app and have their goods delivered to them. Delivery is offered within a 30-minute drive from the shop, Devlin said in August, meaning the proposed location in Quincy Center would service customers within a four- to five-mile radius.

Certain jurisdictions, including Massachusetts, require a physical walk-in space where customers can purchase items in order to sell alcohol, Devlin said at the prior public hearing. In those jurisdictions, the Gopuff store has a 100-square-foot walk-in area for customers to place their orders.

The public hearing had been continued from August to this month to give city officials time to determine whether or not Gopuff would qualify as a convenience store or as a distribution center, the latter of which is not allowed within the Quincy Center overlay zoning district, Devlin on Nov. 9 said that issue had been resolved.

"I think the issue has been resolved. This is a retail location. We are confident about that," he said. "They do have deliveries..."

but the store across the street can do it, an auto parts store can do it."

The board voted unanimously to approve the transfer of the liquor license to Gopuff on Nov. 9.

"I've heard a lot of great things at your other store in Newton, so I think it will be very successful in Quincy," said Health Commissioner Marli Casli.

In other business Nov. 9, the Board of License Commissioners:

Granted the city of Quincy and The Gallery at Kilroy Square a special-use permit and one-day liquor license for an exhibition scheduled for 5 p.m. on Thursday featuring the USS Octopus. The event is a private one, City Clerk Nicole Crispo said.

Granted a common victualler license to Joe Murray, the new owner of the Dunkin' Donuts shop at 360 Sea St. Murray owns several other Dunkin' Donuts locations, including the one on Franklin Street.

Approved a change in liquor license category from wine and malt beverage to all-alcohol for Thai C, located at 62 Billings Rd. The restaurant also plans to rebrand as Tai Xi. It will only offer table service for alcohol, not bar service, and its licensed hours will remain unchanged.

Granted a garage repair license to Vinna Automotive Service for the premises at 10 Willard St. The facility will be open from 8 a.m. to 6 p.m. on weekdays and 8 a.m. to 3 p.m. on Saturdays. Most of the work will be done inside the building.



A RIBBON CUTTING ceremony was recently held marking the opening of Yoga with Lisa O and Company Yoga Studio, 540 Victory Rd., Marina Bay, Quincy. From left to right: Joseph O'Connor, Eileen Sheehan, Tom Sheehan, Valerie O'Driscoll, Lisa O'Connor, Mayor Tom Koch, Arthur LaPorte, Mary LaPorte, Julie LaPorte and Quincy Chamber of Commerce President Tim Cahill. Courtesy Photo

New Yoga Studio Opens At 540 Victory Rd., Marina Bay

Quincy Mayor Tom Koch and the president of the Quincy Chamber of Commerce, Tim Cahill, recently joined the owner of Yoga with Lisa O & Company, Lisa O'Connor, for the official ribbon cutting at her new yoga studio located in Marina Bay.

The studio has been open since August and Lisa has stated that the interest from the local community has been great so far and she is excited to kick things into full gear as more teachers have joined her team and more classes have been added to the schedule.

The beautiful new studio is located right on the boardwalk with large windows offering great views that overlook the marina and Boston Harbor. Lisa noted that students seem to really like the sunrise during their

morning practice. Classes are offered for all levels and include a variety of different forms, such as yoga, power yoga and yoga sculpt. Lisa says that their Chair Yoga classes are among the most popular, particularly with seniors, and that she is looking into adding more classes to meet the demand from that cohort. Another popular class is Yoga Sculpt, which incorporates weights and cardio for a more intensive workout. There are also Renew and Restore Flexibility classes, enjoyed by runners and athletes, plus several other types of classes to choose from in her well-rounded schedule. The studio offers morning, afternoon and evening classes every day of the week, including weekends.

Lisa is a life-long Quincy resident from Squantum.

She is also currently a nurse in the cardiac intensive care unit of Boston Children's Hospital.

Yoga is a long-time passion of hers and this new venture will now take that passion to the next level. "I really wanted to open a studio that was welcoming and accessible to everyone. We have some really great instructors that teach each class for all levels, including beginners. I am really happy with the studio we have built and what we have to offer," Lisa said.

The studio is located at 540 Victory Rd. in Quincy, on the boardwalk in between the ReelHouse restaurant and Aria Salon & Spa. Parking is free.

Additional details, including the class schedule, can be found on her website, www.yogawithlisao.com.

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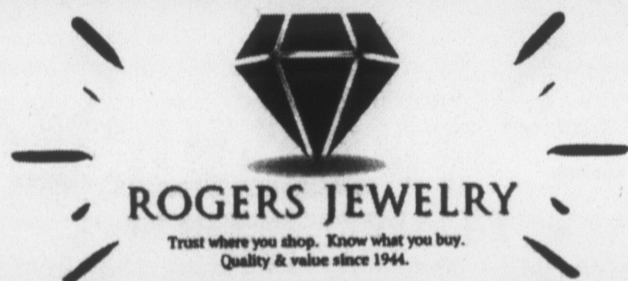
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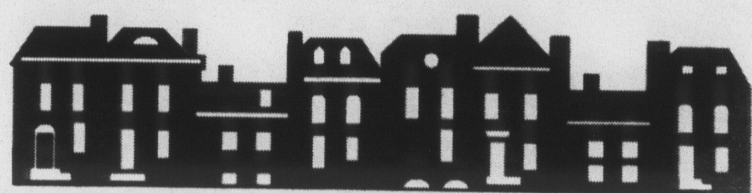
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Real Estate

Quincy Real Estate Transactions Nov. 8 - Nov. 12

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Chun P. Mui & Wyman Lo
Michael J. Barker & Huibin Liang
178 South Street LLC
Michael S. & Janet Brilliant
Andrew Y. Cho & Ji H. J. Chung
Estate of Kathleen M. Leahy
178 South Street LLC
Arman Mirza
Newbury 60 LLC
Nathan A. Weber
Dana A. & Kristi M. Morton
Jenna M. & Kevin P. Breen
JMJ Nominee Realty Trust
Nancy A. Crehan
Yun D. Pan & Jin R. Chen
Estate of Bruce F. Miller
Brian D. & Christina D. Bernard
Robert S. & Eileen C. Hines
Joseph M. & Dennis Brophy
Alejandro & Alexandra Q. Anievas
Michael S. & Carol A. Griffin & Bruce E. Wood
Revocable Trust
EJS Investments Inc
Phillip F. Fisher, Jr. & Gerardo Fisher
15 Newport Terrace LLC
EJS Investments Inc
409 Hancock Street LLC
Hiroko G. Houlihan Irrevocable Trust

BUYER

Thai K. Gip
Patrick H.M. Zhong & Kenix P.Y. Wan
Li Y. Huang & Yong Li
Elizabeth & Darline Lefevre
Jiazhen Zheng
Huaien Wang & Min Li
Yachao Pan & Wan-Ling Tsai
Shicheng Mei & Yingxin He
Saif Naji
Vivian W. H. Lam
Michael Poznansky & Zoe F. LaPalombara
Elena Pappas & Andrew Suralik
Carrie Hui
John Chen & Yilei Mao
Zhengnan Kang & Yannong Li
Liling Chen & Mengyuan Zhen
Helen H. G. Li
Appleton Grove LLC
Cindy A. & Ambrose F. Milford
Zhenyu Hong & Tong Wu

Jessica Kim
Maha Arab & Mohamed A. Gharbi
Casper Thomas & Allyssa Prutzman
Yunda Pan & Jin R. Chen
Vinodhbai & Manjulaben Patel
Le Huynh Realty LLC
Elizabeth A. McAuliffe & Victoria L. Serafin

AMOUNT

\$370,000.00
\$455,000.00
\$665,000.00
\$780,000.00
\$575,000.00
\$561,000.00
\$669,000.00
\$320,000.00
\$1,050,000.00
\$710,000.00
\$815,000.00
\$771,000.00
\$530,000.00
\$650,000.00
\$390,000.00
\$280,000.00
\$297,000.00
\$360,000.00
\$755,000.00
\$705,000.00
\$1,105,000.00
\$620,000.00
\$699,900.00
\$1,080,000.00
\$655,000.00
\$1,850,000.00
\$863,550.00

ADDRESS

15 Bower Road, Unit F-01
120 Holmes Street, Unit 321E
178 South Street, Unit 6
34 Mears Avenue
1022 Hancock Street, Unit 108
81 Cliff Street
178 South Street, Unit 5
469 Sea Street, Unit 8
60 Newbury Street, Unit 15
42-44 Babcock Street
37 Vassall Street
135 Reservoir Road
40 Greenleaf Street, Unit 303
154 Taylor Street
232B Quincy Shore Drive
100 Grandview Avenue, Unit 7B
123 Elm Street, Unit A9
57 Crescent Street
182 Manet Ave., 185 Manet Ave.
20 Malvesti Way, Unit 20
89 Reservoir Road
50 Desmoines Road, Unit 13
365-267 Granite Street
15-17-19 Newport Terrace
50 Desmoines Road, Unit 15
409 Hancock Street
405 Adams Street

Holiday Food Drive At Norfolk County Registry Of Deeds

Noting that some Norfolk County families are more worried about putting food on the table this holiday season, Register of Deeds William O'Donnell is asking people to contribute to the Annual Registry of Deeds

Food Drive.

The drive begins Monday, Nov. 22 and continues through Wednesday, Dec. 29.

"There is no doubt that Norfolk County is a destination place to live and to work.

However, there are people throughout the county that are truly hurting" O'Donnell said. "Just looking at our monthly foreclosure numbers, we at the Registry of Deeds can see firsthand how people are being adversely

impacted. Misfortune can strike anyone in a number of ways, from a job loss to a medical catastrophe to an elderly person on a fixed income."

According to the latest Project Bread statistics, 1 out

of every 10 households in Massachusetts is considered food insecure. Furthermore 1 out of every 7 children in the state is also considered food insecure. In fiscal year 2017 Project Bread received more than 28,000 calls for

food assistance.

"As we near the holiday season, there is definitely a need for more food assistance," O'Donnell said. "Household expenses are higher due to the cost of

Cont'd On Page 27

Ask Barbara Graceffa: More On Decorating Pet Peeves

I appreciated your honesty in your recent column on decorating pet peeves; you're right, we all do judge! I've learned so much from you over the years, would you mind sharing your top three annoyances with us? Celeste

Thanks for the compliment. I rewrote that column a few times to make sure that I was not coming across as my own decorating preferences are the only acceptable choices!

My top two pet peeves are dirt and clutter. Neither should be the focal point in any home and, if unchecked for too long, can easily become so. Whether it is a countertop of dirty dishes, a bookcase that has not been dusted in a month, or a stained carpet, a dirty home is my top irritant. A close

second is a cluttered tabletop, piles of unread magazines on the floor, ... you get the picture and it's not a pretty one. Fortunately, these faux pas can easily be remedied by the homeowner or a hired hand to clean up or clean out.

Interior decoration without any personality rounds out my top three decorating pet peeves. I'm sure over the years you have heard me say that your interiors should reflect your personality and tell a story about who you are. If you find your home in this situation, this, too, is easy to remedy.

In order that your interiors do not look like you opened a catalogue and purchased everything on page 10, you need to add décor items that bring you joy and reflect who you are. These can be family photos, art purchased while on vacation, or a collection of things you enjoy. You can also pepper in family heirlooms, special gifts received over the years,

or something simple and inexpensive like plants and/or cut flowers.

As I look around my living room, I see my handmade art quilt depicting Nantucket Light (an iconic landmark where we honeymooned), framed enlarged seascape photos from our vacations near and far hanging on our gallery wall, and a few sailing ships gifted from a favorite aunt. These decorations contribute not only to a serene nautical decor but tell a story about who we are and what we love.

When it comes to adding personality to your rooms, there are no rules except to be creative - an innate skill we all possess - and to have fun doing it.

Barbara Graceffa owns and operates Secretary of the Interior in Quincy, offering creative solutions at reasonable rates. Learn more about her decorating, downsizing, decluttering, and home staging services at www.sec-interior.com, read more decorating advice at secretaryinteriordecorating.blog and enjoy her quilt art on Instagram [/secretaryinteriordecorating](https://www.instagram.com/secretaryinteriordecorating). You can reach her at 617-921-6033.

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State Senate OKs Same-Day Voter Registration

By **SCOTT JACKSON**
Massachusetts could soon join nearly two dozen other states that allow residents to register to vote on the same day they head to the polls.

The state Senate approved a voting reform bill, known as the VOTES Act, on Oct. 6 in a 36-3 party line vote. The bill must still be approved by the House and signed into law by Gov. Charlie Baker.

Among other provisions, the bill would authorize same-day voter registration in Massachusetts, meaning residents would be able to register to vote during early voting periods or on the day

of a primary or election. Twenty other states and the District of Columbia already allow same-day voter registration.

Sen. John Keenan, a Quincy Democrat who voted in favor of the bill, said he is confident the city and town clerks in his district would be able to handle the change provided the state gives them the resources and training necessary to do so.

"My conclusion as a result of talking with the clerks in the communities was that they were very capable and ready to handle the change, but they are going to need

Cont'd On Page 29



VOLUNTEERS FROM General Dynamics – Mission Systems (Bluefin Robotics) in Quincy took time off from their lunch hour to place flags at veterans' graves at Mount Wollaston Cemetery. Front row from left to right: George Bouchard, Quincy Veterans Services; Mary LePage and Richard Joyce. Back row: Sarah Pasquale, Lorraine Costigliola, Bob Farley, Ed Monte, Zach Nislick, Paul Phinney, Tanya Santheson, Karen Duclos and Josh Ormsby. Volunteers help decorate 7,500 graves of veterans at its at Quincy cemeteries for Veterans Day and Memorial Day including Pine Hill and Mount Wollaston cemeteries. This photo was taken at the veterans' lot at Mount Wollaston Cemetery where 1,000 veterans are interred.

Photo Courtesy George Bouchard/City of Quincy

FoxRock Removes Residential Units From Ross Lot Plans

Cont'd from Page 3

continuance of the public hearing on the certificate of consistency to December or January, allowing the developer time to revise its proposal for the site.

Board members, however, continued the public hearing on the certificate of consistency to Feb. 9. Gregory Galvin, the board's vice chairman, said moving the hearing to February would give board members enough time to vet the latest proposal.

"It's a significant project and if we get it right the first time, we won't be keeping it," he said.

Mahoney said his client preferred the matter be heard in January, even if it won't be approved at that time.

"It's not going to get approved in January, but it is very important to my client that it is heard in January for a variety of reasons," he said.

Board members voted 4-1 in favor of a motion Galvin

made to continue the hearing in February, rather than January. Chairman Richard Meade and members Patrick Foley and John Kelly joined Geary in support of the motion, while Kimberly Bielan voted against it.

FoxRock's development would be located at 37R and 86 Parkway, which is within the former Ross Lot in Quincy Center. The roughly triangular parcel – which is bounded by General Dunford Drive to the south, Granite Street to the north, General McConville Way to the east and the MBTA tracks to the west – contains 117,366 square feet of land and is located within the Quincy Center Zoning District-15, where buildings can be constructed 15 stories tall by-right and 20 stories high with a special permit.

FoxRock and Mayor Thomas Koch had negotiated a land disposition agreement, which the City Council approved in June

2019, allowing the company to acquire that portion of the Ross Lot from the city and to redevelop it. That LDA also allowed the company to buy out the city's right of reverter at 114 Whitwell St., formerly home to Quincy Medical Center, freeing it up for a residential redevelopment. The developer agreed to pay the city \$4.25 million as part of the pact.

In 2019, when the company was presenting plans for the Ross Lot site to the City Council, FoxRock had said it would build of 110 units of affordable or workforce housing on site. FoxRock and Koch had also announced in 2019 that Brigham and Women's Hospital and South Shore Health System, the parent organization of South Shore Hospital, had agreed to lease space in the proposed office building included in the plan for the Ross Lot site.

Last month, city councillors approved in an 8-0 vote a resolution seeking

an update from FoxRock on the company's plans for the Ross Lot. Ward 4 Councillor Brian Palmucci, who introduced the resolution, said FoxRock had gone back on two pledges it made when the land disposition agreement was being negotiated – to replicate medical services formerly available at the hospital in the downtown and to build new affordable housing.

"I voted to give the land to them based on those representations about replication of medical services and affordable housing," Palmucci said at the Oct. 18 meeting of the City Council.

In his resolution put forward at that evening's meeting, Palmucci said the 2019 LDA would allow the city to take back a portion of the Ross Lot land for \$1 if the company does not meet its affordable housing obligations. Alternatively, Palmucci said the city could require FoxRock to pay an additional fee, based on the

land's current appraised value, to construct market-rate housing.

Among other steps, Palmucci's resolution asked FoxRock to appear at a future council meeting to discuss its plans for the Ross

Lot site; sought hearings with legal counsel to review the LDA; and asked the Koch administration for a new appraisal of the portion of the Ross Lot site on which the residential development would be built.

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Emily LEBO School Committee

Thank you to my supporters and the Quincy voters who helped reelect me to the Quincy School Committee. I am grateful for your support, your energy, your questions, your concerns, and your encouragement over the past few months.

I will always be available to listen to your concerns, keeping you and your families in mind as I do my best to provide your children with the finest education possible.

Thank you,

Emily Lebo
emilylebo@quincypublicschools.com



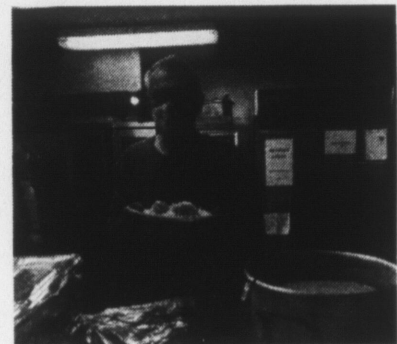
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Father Bill's & MainSpring

NOBODY SHOULD BE HOMELESS

Thanksgiving Community Meal

November 25, 12:00 PM
Christ Episcopal Church
12 Quincy Avenue, Quincy



Due to COVID-19, Father Bill's & MainSpring is expanding our meal-delivery program for those who can't make our Community Meal.

We have established a Thanksgiving Fund to help cover the additional expenses needed to provide more than 1,000 dinners across our region.



To support our Thanksgiving Fund or to request a meal delivery, visit helpfbms.org/thanksgiving.

More Quincy news:

The Quincy Sun.com

Service, Sacrifice Honored On Veterans Day

By SCOTT JACKSON

Speaking to a crowd of several hundred residents and veterans on Veterans Day, many of whom were carrying American flags, the commanding officer of Quincy's naval outpost challenged those in attendance to reach out to veterans and encouraged those present to give back to the community.

The city held its annual Veterans Day observance on Nov. 11 at the World War II memorial inside Merrymount Park. The observance was preceded by the annual Veterans Day parade — making its return following a one-year hiatus — from Quincy High School to Merrymount Park, including a brief stop for a wreath laying at the Doughboy Statue on Furnace Brook Parkway, which honors the Quincy residents who served during World War I.

The commanding officer of Navy Operational Support Center Quincy, Lt. Comm. Monica Johnson, was the keynote speaker for this year's ceremony, which took place under a nearly cloudless sky with temperatures in the 50s.

At the outset of her remarks, Johnson reflected upon the meaning of the word "sacrifice."

"When we look up the definition of sacrifice, it is the act of giving something that you want to keep, especially in order to get to do something else or to help someone," she said.

"We as veterans, we raise our right hand and pledge to serve and defend the Constitution of the United States and all personnel. We commit to putting the safety and security of the citizens of the United States above our own. We sacrifice time with our families, friends, the ability to have children, our physical and mental health, to ensure those we serve have the opportunity for safety, a full life, and to thrive."

"Some make the ultimate sacrifice, selflessly sacrificing their lives for the safety and security of the country. When we raise our right hand, we do so knowing there is a possibility we might not come home. We raise our right hand so others do not have to. We chose service above all else."

Johnson then challenged those present for the ceremony to reach out and talk to veterans.

"I challenge everyone here to reach out to a veteran, ask them how they are doing, and thank them for their service," Johnson said. "Years ago I asked a fellow service member why they would go up to every Vietnam veteran and say welcome home. His reply was,



REBECCA MORRIS (at podium top), a senior at Quincy High School, sings the national anthem and James Rheault (podium, bottom photo), a fifth grader at the Atherton Hough Elementary School, leads the Pledge of Allegiance at Quincy's Veterans Day observance Nov. 11 at Merrymount Park. Also shown in both photos from left to right: Mayor Thomas Koch, Quincy Veterans Services Director George Nicholson, City Council President Nina Liang, Lt. Commander Monica Johnson, U.S. Navy and keynote speaker; Councillor at-Large Noel DiBona, Rev. John (Jack) Swanson, chaplain, Quincy Veterans Council; Heikki Pakkala and Steve Dunlea, Quincy Veterans Council.



VETERANS SALUTE, Color guards post colors and others pause during the singing of the national anthem at Quincy's Veterans Day observance Nov. 11 at Merrymount Park.

"because they were not welcome home upon their return, so he makes it a point to go up to each Vietnam veteran, shake their hand and say welcome home." Johnson also encouraged everyone in attendance to commit themselves to give the service and sacrifice back to the community, calling it the best way to honor those currently serving. made by veterans and those currently serving.

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City Remembers All Who Served At Veterans Day Ceremony



MEMBERS OF Gold Star families look on as local veterans carry memorial wreaths to the base of the World War II statue at Merrymount Park during the city's Veterans Day ceremony Nov. 11. Looking on from the stage are (from left) Mayor Thomas Koch, Quincy Veterans Services Director George Nicholson, Navy Lt. Commander Monica Johnson and Quincy Veterans Council Chaplain Rev. John (Jack) Swanson.

Quincy Sun Photos/Robert Bosworth



GOLD STAR MOTHER Angela Durkin places her right hand over her heart after memorial and Gold Star wreaths were placed at the base of the World War II statue during the Quincy Veterans Day observance. Others salute as tape is played by Quincy Veterans Council Past Commander Robert LaFleur concluding the ceremony. Mrs. Durkin is the mother of the late Clara Durkin who died Sept. 28, 2007, while serving in Afghanistan as a specialist with the Massachusetts National Guard.

Service, Sacrifice Honored On Veterans Day

Cont'd From Page 14

"Our country and our people are in pain. We are struggling with COVID-19, political disputes, unknown financial concerns, job loss and unemployment. The list can go on," Johnson said. "I ask you in honor of Veterans Day to commit to service. Whether you are in the military, the government, civilian sector, or in schools or churches, commit to serve those around you. Serve your community."

"In the words of the former secretary of state...Mr. Colin Powell, 'Perpetual optimism is a force multiplier.' In the words of President John Quincy Adams, 'If your actions inspire others to dream more, learn more, do more and become more, you are a leader.'"

"Serve, lead and be compassionate to those around you. This is the best way to honor the service and sacrifice of all those who have worn and currently wear the uniform of the United States of America."

George Nicholson, the city's director of veterans services who served in the Air Force during the Vietnam War, said there are 19 million veterans living in the United States today, more than half of whom are older than 65.

"It is the American veteran who has seen first-hand the deprivations of lesser qualities of life that other people in other countries have, and are therefore more well-rooted and grounded

than many of American citizenry in the appreciation and gratitude for all that we as Americans have and simply take for granted," Nicholson said.

"It is the American veteran who has come back home and preceded to build, to strengthen and to preserve the quality of life in the greatest land of the free in the world, the United States of America."

Nicholson said it is imperative to support the needs and welfare of veterans, as they have supported the needs and welfare of all Americans.

"The freedoms that we all enjoy and take for granted are the legacy to us provided by the American veteran," he said.

"Our legacy to the American veteran in turn must be to revere them for who they are, be eternally grateful for what they have done and what they continue to do, to provide for their needs and their welfare as they have done for us, and to educate and instill in the hearts and minds of every citizen in the United States as well as other countries too numerous to mention here, that, to paraphrase Winston Churchill if I may, 'Never in world history have so many owed so much to so few.'"

Mayor Thomas Koch said Founding Fathers like John Adams and John Hancock "gave us the promise, but it was the veteran that was the muscle."

"That promise has been

sustained – the promise of freedom, freedom of religion, freedom of speech, so many freedoms we enjoy and perhaps take for granted when you look around the world and see what people are suffering," Koch said. "That promise has been maintained by every generation of our veterans."

Koch noted Quincy residents have answered the call of duty for generations and continue to do so.

"I was at the Marine Corps luncheon the other day. Part of that tradition is they swear in some new recruits, and there was a kid from Quincy High and a kid from North Quincy High, both of them at the convention center with 2,000 marines there getting sworn in," the mayor said. "They looked nervous as heck, I can tell you, but the tradition continues here in Quincy."

"I'm so proud of our city."

City Council President Nina Liang said she struggled to find the words that convey the magnitude of the sacrifices made by the nation's veterans.

"Words like gratitude, honor, pride, and much more feel too small to really reflect just how much I and others appreciate everything you have done. In the end, I realized that perhaps it isn't the size of the words, but the directness with which they are given," Liang said.

"So, I want to say it simply but directly: Thank you."

Cont'd On Page 23



WREATHS AND AMERICAN Flags decorate the World War I memorial and "Doughboy Statue" at the corner of Hancock Street and Furnace Brook Parkway in honor of Veterans Day. The Nov. 11th Veterans Day holiday was originally called "Armistice Day" commemorating the end of World War I on the "eleventh hour of the eleventh day of the eleventh month" of 1918 and remembering all those U.S. servicemen who lost their lives fighting in "The War to End All Wars." The memorial lists the names of Quincy men who were killed during World I.

Quincy Sun Photo/Robert Bosworth

Veterans Services Director George Nicholson Retiring

By SCOTT JACKSON

George Nicholson plans to retire from his position as the city's director of veterans' service after spending more than seven years in the role.

Nicholson had served in the Air Force as an airplane mechanic during the Vietnam War. After leaving the Air Force, he began working with the American Legion before joining the U.S. Department of Veterans Affairs.

Mayor Thomas Koch had appointed Nicholson as the city's director of veterans' services in August 2014. During the city's Veterans Day observance on Nov. 11, Koch announced Nicholson would be retiring.

"George has been a terrific leader for the veterans' community," Koch said. "He did three tours in Vietnam, United States Air Force. He had a host of honors, including the Vietnam Service Medal with three bronze stars."

"I'd like to publicly

thank George for his amazing service to our country, his leadership on veterans' issues, and he has certainly been in my ear always to do the right thing for the veterans," he added. "George, thank you so much for your service."

Koch said he would ask Nicholson to help out the city on a part-time basis.

"He's not completely escaping," the mayor said.

During his remarks on Veterans Day, Nicholson said he found himself back in civilian life after his discharge from the Air Force in 1972 with "no jobs, no prospects" and that he had "no plans except maybe to use the GI Bill and get some college education."

"To almost all of you who are veterans, this must sound like a very familiar scenario," he said.

Nicholson recalled going to the John F. Kennedy Building in Boston to learn about VA benefits and start his job search. While there, he ended up speaking with

Jim Ferguson, Tip O'Neill's chief of staff in Boston

"In the course of our conversation, I mentioned that I had found almost all of the men and women I had ever worked with or for in the Air Force were an extraordinary group who to me had no peers or equals in my civilian life, and I admitted that I wished there was some way I could continue to work with such a special group of men and women," Nicholson said.

"Jim made a contact and the rest is history. I got my wish and here I stand 50 years later still assisting with and extolling the honor, the virtue, the courage and the uniqueness of the American soldier and the American veteran."

QUINCY VETERANS SERVICES Director George Nicholson (right), shown here speaking at the Quincy Veterans Day ceremony Nov. 11, is retiring. He has served as the city's director of Veterans Services since August 2014. He is Air Force veteran of the Vietnam War. During the ceremony, Nicholson thanked Mayor Thomas Koch and the City Council for supporting Quincy's veterans. Nicholson also thanked his staff – George Bouchard, Elizabeth Chencharik, Christine Cugini and Marianne McCormack – for their work over the years.

Quincy Sun Photo/Robert Bosworth

During the ceremony, Nicholson thanked Koch and the City Council for supporting Quincy's veterans. Nicholson also thanked his staff – George Bouchard, Elizabeth Chencharik, Christine Cugini and Marianne McCormack – for their work over the years.

"I may be in charge of the office, but I don't run it, they do. They are the ones that always make it work. We may be the directors, but they are the mechanics. They make it happen," Nicholson said. "I could not have enjoyed the run that I've had without their help, their support and their enthusiasm."

"To my veterans' services office staff, thank you forever. And thank you all."



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Cub Scouts Place Flags At Over 500 Veterans' Grave

Members of Quincy's Cub Scout Pack 42 recently honored local veterans by placing flags at Pine Hill Cemetery. The Scouts placed more than 500 flags on graves in the veterans' lot at the cemetery.

The Pack will assist with flag cleanup later in the month and honored veterans by marching in Quincy's Veterans Day Parade on Nov. 11.

Pack 42 is a very active local scouting group offer-

ing leadership, citizenship and outdoor activities for boys and girls in kindergarten through fifth grade.

Find out more about Quincy's Cub Scout Pack 42 at cubscoutpack42.org.



SEVERAL MEMBERS of Quincy's Cub Scout Pack 42 assisted in placing flags in the veterans lot at Pine Hill Cemetery. In the back row, left to right: Christopher Miranda, Forrest Sammons, Ben Cote and Samuel Chen. Front row: Mary Kate Poles, John Poles and Jayden Situ.



PACK 42 Cub Scout Christopher Miranda, of Quincy, places a flag at a veteran's grave.



PACK 42 Cub Scout John Poles, of Quincy, salutes after placing a flag on a veterans grave at Pine Hill Cemetery.

Photos Courtesy Jennifer Sammons



PACK 42 Cub Scout Jayden Situ, of Quincy, salutes and thanks a veteran for their service during the Pack's flag-placing service project.

Poor Headlights, Catalytic Converters, Shock Absorbers

Ask John Paul: AAA New England's Car Doctor

I enjoyed your Q&A column regarding the recent question about 2005 Corolla with poor headlights. Another likely problem which we had with the same car was that the headlight covers became translucent. The dealer cleaned them up for \$100. But there are Internet fixes with toothpaste and baking scrubbing. This may be worth looking into.

Yes, you are correct that cloudy headlight lenses can reduce headlight performance by 90 percent. Cleaning or replacing the headlight assemblies as well as new bulbs can make a remarkable difference when driving at night. In fact, our testing at AAA showed that depending on condition, cleaning headlights lenses can offer better lighting than some aftermarket replacement headlight assemblies.

I have trouble shifting my car out of the park position. I went to the dealership service department and they said there was nothing wrong with it. Yet I still have trouble shifting out of park. What could be wrong?

The issue may be where you park. If you are parking on an incline the shift may be more difficult to move since you have the weight of the car on the parking mechanism. As a simple test, before you shift into park, set the parking brake. When you drive the car again, shift into park or reverse and then release the parking brake. Using this method, the brakes are holding the car in park rather than the transmission.

I have a 2000 Mazda Protege and that I had been driving the day before and got ready to leave to go somewhere and nothing would come on. I bought a new battery and the car didn't start. Someone else said it was ignition switch, which I installed and still nothing. Please help me.

Start with the basics, which includes the cables and fuses. There is a 100 amp "maxi-fuse" as well as a fuse that runs to the ignition switch. If the warning lights illuminate but the car doesn't start, the issue could be a faulty neutral safety switch or starter interlock clutch switch. Finally, there is the starter itself.

I have a 2018 Subaru Legacy Limited 2.5 with 29,300 miles. I was told by a technician that I need rear brake pads and rotors immediately at a cost of \$299. The technician said I was down to "two" for my rear brakes and that my front brakes were a "four" which I should replace within six months. My questions are: Is it unusual to need new pads and rotors at only a little over 29,000 miles? And is the cost of \$299 per axle reasonable?

Brakes are one of the few systems that wear is almost completely based on the driver and their driving habits. I have seen brakes need replacement in as little as 10,000 miles and in some cases last nearly 100,000 miles. In fact the front brakes are worn down to 2 millimeters they do need replacing. The friction material of a new brake pad averages about 10 millimeters. In many cases replacing brake pads and rotors together guarantee better performance. Although depending on brake wear, typically you can get two sets of pads out of one set of rotors. Regarding price, it really depends on where you go and the quality of the parts. The typical dealer price will be more expensive, and some independent shops could be cheaper.

A couple a weeks ago on television it was mentioned that someone stole catalytic converters at a lot of a car dealership. The same day ABC had a segment on the same topic, citing 300 percent more thefts than last year. My son has a 2007 Honda Accord and his car's converter was stolen at a hotel that he was at. He had an aftermarket installed for under \$1,000. The auto repair owner said thieves don't want aftermarket ones, since they are not worth much money. I have a Toyota Corolla with an original converter and want to prevent this from happening to me. On ABC news, how to protect your converter from getting stolen, they mentioned a steel plate

cover. I have asked a few auto repair shops about this, and they are not aware of these plates-they are guessing maybe one must be fabricated. Any suggestions?

Yes, we are seeing more and more catalytic converter thefts. The reasons are simple. Catalytic converters contain very expensive precious metals. Additionally cordless power tools make it easy to cut through the exhaust system. In my opinion the biggest issue is some salvage yards or metal recyclers don't ask for any documentation as to where the converters came from. There are companies that are fabricating aluminum shields that are bolted to the underside of the car that prevent theft. My concern would be depending on how they were fabricated, there may not be enough air to help control the converter temperature. My advice is the same as the police: park in well-lit areas. Park close to building entrances or the nearest road in public parking lots. This gives your vehicle more exposure where more people can see it.

I have a question about gathering factory model specific information on a 1973 Volkswagen Super Beetle sedan. My son bought the car in his junior year in high school (2011), and we've maintained it trying to stay to the OEM specs and parts as much as we could. We belong to a local VW club and get some tips and help from other members. But it seems like anyone who has a complete restoration had a lot of the work done by VW specialty shops. So, my son is off at Berkeley now for the past four years working on his doctorate in material sciences. So, I have been keeping the car running and serviced.

I am trying to keep the small details as close to factory as possible but am having a hard time finding reliable factory information. Internet searches are frustrating and the documentation we have so far is sometimes not enough. Can you recommend any paths to get reliable information that can help us with this?

You may be able to find a service manual on eBay. This website has some pretty good original parts for sale as well as information <https://www.thesamba.com/vw/classifieds/cat.php?id=29>. There is Wagen-Werks <https://www.wagenwerks.com/> which also has restoration parts. Bentley Publishers has a good range of books for early Volkswagens ranging from repair manuals to historical publications. www.bentleypublishers.com.

I have a 2014 Honda Accord that has warning lights on the dash for ABS, hands brake, VSA and power steering symbols. Altogether, at the same time I have been told it is the ABS module. There's no check engine lights on. Can you tell me if car can pass inspection in Massachusetts since all these lights are related to ABS and in our state of Massachusetts ABS light is irrelevant?

You are correct that a vehicle with an ABS light on will be able to pass the Massachusetts safety inspection. The issue is that any red brake warning light is a failure. The reason is even though there may no issue with the brake system, with the warning light illuminated you wouldn't know if there was an actual issue with brake hydraulics of the parking brake. The repair could be the ABS module, but I would also check battery voltage and all power and ground connections. I have seen as many poor connection issues as I have faulty modules.

My 2017 BMW X5 5.0 came with run-flat tires which I have since replaced with traditional tires. I have called BMW to ask if they have a compact spare which could be used in an emergency, and they have responded that they do not. Is there an aftermarket company or a compact spare tire that you could recommend? I thought such an item would be readily available if one chose not to stay with the run-flat tires.

BMW doesn't make a spare tire kit for your vehicle. Since many owners don't like the idea of driving without a



JOHN PAUL
AAA's Car Doctor

spare tire, aftermarket companies are addressing this need. After a bit of a search, I found a company on-line: Modern Spare (<https://modernspare.com>). This company sells a complete kit, spare tire, and wheel as well as a jack and lug wrench for about \$500. Although pricey, if I had a vehicle with conventional tires, I would want a temporary spare tire.

I have a 2006 Volkswagen convertible and the rear window is stuck halfway up. I can hear the motor, but the window won't move. It is a convertible and I'm putting it away for the winter. What is wrong and can I fix it myself?

This is a typical failure; I have replaced both the left and right window lift mechanisms on my wife's VW. The system uses a cable arrangement to move the window on the track. You can buy a repair kit online for about \$30. The repair is not that difficult, but time consuming. You need to remove the rear seat, door panel and window. Once you get to that point you should be able to remove the mechanism and replace the damaged parts - an extra set of hands is helpful. Take plenty of pictures and watch some videos on YouTube and you should be able to repair it.

I have a 2009 Toyota Highlander that is a wonderful car, and it is approaching 100,000 miles. I really like this vehicle and want to keep it. The gas mileage is good, I sit up high and there is room for my dog. After my last oil change at the dealership, I was told a rear shock absorber was leaking oil. They suggested replacing the shocks at a cost of \$800. I am retired on Social Security and watch the pennies. I took the car to a private mechanic who located this same problem and said he suggested replacing the mounts also at a total cost of \$1,000. Brakes will be needed soon - the car rides fine and it is hard for me to spend this \$1,000 when the car seems fine. What are the consequences if I continue to drive it until there is a problem I can feel with the shocks?

Worn shock absorbers can lead to poor vehicle handling and excessive tire wear. Shock absorbers also wear gradually so you may not notice the degradation in the overall ride. The question is, how worn the shocks are and how much do you drive the vehicle. If the shocks are still doing their job but barely starting to leak oil, they could last a much longer time with no real consequence. If you were to create a priority list of brakes, tires and shock absorbers, shock absorbers would be last on my list.

I purchased a used 2020 Ford Escape with 21,000 miles on it. It has many features that my old Toyota Matrix Corolla did not have. I have a question. I know that dealerships are in the business to make money and for the most part most are reputable if you shop around. The dealership I used is reputable and the car I purchased is a certified pre-owned and comes with a 100,000-drive-train warranty. What are your thoughts on purchasing a high-tech component warranty? It will cover the backup camera, audio system, and other computer related items. I know that these systems can get very pricey to replace. Am I taking a chance by not putting a components warranty on the car? The additional warranty will cost me another \$1,500 and I need to purchase it within 30 days. I think it is a good idea but am wondering if there are other options available to save money. Your thoughts please.

Some of these electronic systems can get very pricey to repair, but backup cameras, proximity sensors and other systems typically have a very good life and for the most part I usually only see them fail during a collision. If this is the case, then the components would be covered under the vehicle insurance. Other components such as the radio and navigation could also fail and can be expensive to repair. Personally, I wouldn't spend the extra money of this type of warranty since the comprehensive warranty covers the next 12 months or 12,000 miles. As a side note AAA recently released a study about the high cost of repairing advanced driver assistance systems. In addition, AAA released a re-

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Ask John Paul: AAA New England's Car Doctor

Cont'd From Page 18

port about sensor degradation due to environmental reasons, such as mud, salt and even bugs. These systems are something we recommend but want consumers to know they can be expensive to repair and under certain conditions can have limitations and are designed to work with the driver not replace them.

I have a 2007 Ford Ranger and I'm very happy with it except now it is rusting away. Even the rims needed replacement due to rot. I was at the dealer and looked at the Ford Ranger and it is much bigger and more expensive than me current rusty Ranger. The dealer told me that there is a new smaller truck the Maverick. Do you know anything about it?

So far, I have only seen and not driven the Ford Maverick. It is closer to the size of your current Ranger, well-appointed and has a starting price of about \$20,000. What is interesting to me is the base model is still a four-door truck, with a decent size (although smaller) bed, front wheel drive and a hybrid. Something about a \$20,000 truck, that gets 40 or more miles per gallon and seats five appeals to me.

I have a 2015 Hyundai Sonata with over 105,000 miles on it and the check engine light came on and the code was a P2004. The auto parts store looked up the code and it has something to do with the intake manifold. Could the intake manifold need replacement? The car is only six years old.

Your Hyundai, like many cars, uses a device inside the manifold that changes air flow depending on how and when the car is driven. There are times when the engine wants smooth air flow and other times the air in "tumbled". This is a mechanical system with an actuator and baffle plate inside the manifold. The problem could be over time an excessive amount of carbon has built up and the flap shaft is not closing or opening fully. If all the mechanical parts are operating, the manifold may need to be replaced.

I recently purchased two Duralast Gold car batteries. They both have removable caps to check water level. I thought I would be replacing the old batteries with sealed maintenance free batteries, but the caps come off to check water level. I had a hard time finding replacement batteries, so I purchased these two. The auto parts store told me that these batteries should never require water added. Can you tell me if that is true, and if not what type of maintenance I need to perform with these?

Once upon a time all batteries required water to be added, in fact checking water level was standard procedure during oil change service. Today most batteries are maintenance free. Some batteries are sealed and some like the batteries you purchased have removable caps. During the life of the battery most people with never added water to their car's batteries. Since your batteries have removable caps, there

certainly is no harm in removing them and adding water (distilled water only) if the fluid level is low. If you are adding water periodically suspect that the charging system is overcharging the battery and "boiling" off the water. If this is the case have the charging system evaluated.

My wife just purchased a 2021 Volvo XC40 T5 R Design. We have been told that we can use regular gas in this vehicle. Exactly what grade of gasoline should we be using for this vehicle?

Fuel requirements are typically listed in two ways. The fuel that is required or the fuel that is recommended. In your particular model the XC 40 T5 Volvo requires premium fuel (91 octane or higher). This applies to all T5, T6 and T8 engines, and recommends 93 octane fuel for optimal performance and fuel economy. Volvo recommends (not requires) premium fuel (91 octane and higher) for T4 engines. Volvo goes on to say engine reliability should not be affected as long as 87 octane fuel or higher is used. In the case of your 2021 Volvo XC 40 T5, you should be using fuel with an octane rating of 91 or higher to prevent engine damage.

With shortage of used cars, how do I know the car I'm considering buying wasn't involved in a recent flood?

Here are a few things to look for. Inspect the car thoroughly, look for rust stains inside the car, especially around seat brackets. Does the car smell like mold/mildew or does it smell like someone is trying to cover something up? Look in the trunk, under the spare tire. On a SUV lower the spare tire and look for mud and debris. If the spare tire looks like it was just steamed cleaned, be suspicious. A spare tire that has been under a vehicle for a few years should be dusty, not caked with mud or spotlessly clean. Look for water in the headlights and taillights. Open the hood and look for water stains, mud and dirt in nooks and crannies, like the alternator, cooling fan and other surfaces. Check fuse boxes for signs of corrosion. Recent rust on unpainted screws indicate moisture. Check all the fluids; if they are milky color this could indicate water contamination. On a warm day, if all of the windows have condensation, this could indicate the interior has been flooded. Finally, when in doubt have a good repair shop inspect the vehicle, before you purchase it. And remember what mom said, if the price looks too good to be true, it probably is.

Headlights are clouded up on my 17-year-old Infinity. What to do?

You have a couple of options. The cheapest and sometimes the most effective method is to have the headlights cleaned. You can DIY it with some kits. Some use a buffing wheel that attaches to a power drill, others use a series of very fine sandpaper and then polishing compound. You have also have the lenses professionally cleaned (about \$100-\$125). Finally you can replace the headlight assemblies with a quality aftermarket part.

AAA Predicts Thanksgiving Travel To Rebound Almost To Pre-Pandemic Levels

Airports and roads may seem jam-packed this year as AAA predicts 53.4 million people to travel for the Thanksgiving holiday, up 13% from 2020. This brings travel volumes within 5% of pre-pandemic levels in 2019, with air travel almost completely recovering from its dramatic fall during the pandemic, up 80% over last year. As restrictions continue to lift and consumer confidence builds, AAA urges travelers to be proactive when making their travel plans this holiday season.

The numbers from Massachusetts mirror those nationally. More than 1.2 million from Massachusetts will travel for Thanksgiving, up 15.5 percent from a year ago. Of that number 1.1 million will travel by car, up 9 percent, while travel by air will jump 83 percent to 150,000 flyers.

"This Thanksgiving, travel will look a lot different than last year," said

	Total	Automobile	Air	Other (Bus, Train, Cruise)
2021 (Forecast)	53.4M	48.3M	4.2M	1M
2020 (Actual)	47.1M	44.5M	2.3M	281,000
2019 (Actual)	56M	49.9M	4.6M	1.5M
Change (2019 to 2021)	-5%	-3%	-9%	-31%
Change (2020 to 2021)	+13%	+8%	+80%	+262%

Mary Maguire, Director of Public and Government Affairs for AAA Northeast. "Now that the borders are open and new health and safety guidelines are in place, travel is once again high on the list for Americans who are ready to reunite with their loved ones for the holiday."

With 6.4 million more people traveling this Thanksgiving coupled with the recent opening of the U.S. borders to fully vaccinated international travelers—people should prepare for roads and airports to be noticeably more crowded.

"International travel is

opening will allow people to reconnect with friends and family and explore new places, while also giving a much-needed boost to the economy," continued Ms. Maguire. "But it also means airports will be busier than we've seen, so travelers must plan for longer lines and extra time for TSA checks."

The Centers for Disease Control and Prevention (CDC) recently released its recommendations for holiday gatherings and related travel, saying that the best way to minimize COVID-19 risk is to get vaccinated if you're eligible.

However, everyone's situation is unique and therefore, AAA urges anyone considering gathering or traveling for Thanksgiving to consult CDC guidance before finalizing holiday plans.

Navigating the New Travel Landscape

This year's forecast marks the highest single-year increase in Thanksgiving travelers since 2005, bringing travel volumes close to pre-pandemic levels in 2019. Despite gas costing over a dollar more per gallon than this time last year, 90% of people plan to travel by car as their preferred mode

Social Security Matters Ask Rusty – Why Is My Medicare Part B Premium So High?

By RUSSELL GLOOR

National Social Security Advisor at the AMAC Foundation, The Non-Profit Arm of the Association of Mature American Citizens

Dear Rusty: Social Security is deducting \$297 per month for my Medicare Part B coverage. I have what's called a "Windfall Elimination Provision" because I receive a pension from my former State employer. Prior to my 65th Birthday in July of this year, Social Security was paying me \$764 per month, but when I turned 65 they reduced my amount to \$467 per month. I read that the Part B premiums for 2021 are \$148.50, so I wonder why I'm paying double that amount? Could it be that I never enrolled in Medicare Part B and they just automatically started deducting that amount? Some sort of penalty? If so, it seems kind of high. Can you explain why I'm paying so much for Medicare Part B? Signed: Curious About Medicare

Dear Curious: Your Part B premium of \$297/month has nothing to do with the Windfall Elimination Provision (WEP). WEP affects (reduces) your Social Security retirement benefit amount but doesn't affect your Medicare premium. Your Medicare Part B premium is \$297/month because of a different Medicare rule known as "IRMAA," which is the "Income Related Medicare Adjustment Amount." Here's how IRMAA works:

Medicare determines your Part B premium amount each year using your combined income (from all sources) from 2 years prior, so your 2021 Part B premium is based upon your 2019 income. The income amount used to set your Part B premium is called your Modified Adjusted Gross Income (MAGI), which is your normal Adjusted Gross Income on your tax return plus any other non-taxable income you may have had (including half of your SS benefits, non-taxable interest, etc.). If your MAGI is over a certain threshold, your Part B premium is more than the standard \$148.50.

The IRMAA thresholds at which you pay a higher Part B premium depend upon your tax filing status. A married couple filing jointly with MAGI under \$176,001 pays the standard premium (\$148.50 for 2021), and a single tax filer whose MAGI is under \$88,001 also pays the standard Part B premium, but income exceeding those thresholds means a higher Part B premium. How much higher depends upon how much your MAGI exceeds the base amounts above. The Part B IRMAA premium increases on a scale relative to how much your MAGI exceeds the base threshold and, from what you've shared, it appears that your 2019 MAGI resulted in a 2021 Part B premium of \$297/month.

Since you were already collecting Social Security when you turned 65, you were automatically enrolled in Medicare Part A (which is free) and Medicare Part B (for which you pay a premium), which is why your Medicare premium increased at that time. If you also have "creditable" healthcare from either your or your wife's employer ("creditable" is a group plan with at least 20 participants), you can dis-enroll from Medicare Part B by filing form CMS-1763 and having an interview with Social Security. That way you could save that \$297 monthly Part B premium for as long as you have other "creditable" employer coverage, and then re-enroll in Part B during the Special Enrollment Period which starts when your employer coverage ends (or shortly before to avoid a gap in healthcare coverage).

If you have retired from working and your combined income in 2020 was much lower than in 2019, Social Security will automatically adjust your 2022 Medicare Part B premium as appropriate for your combined income reported to the IRS on your 2020 tax return. If you retired in 2020, you might also wish to submit form SSA-44 (www.ssa.gov/forms/ssa-44-ext.pdf) to claim a "life changing event," which may result in a smaller Part B premium for 2021 as well.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org

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Thanksgiving Travel Seen Rebounding Almost To Pre-Pandemic Levels

Cont'd From Page 19

of travel. Although the car is still the most popular choice for travelers, a greater share will opt to travel by air and other modes such as bus, train or cruise this year. Whether you plan to do so by car or plane, it's important to know how to navigate the new travel landscape to avoid unnecessary stress and challenges on the way to your Thanksgiving destination.

Be Proactive. Book flights, car rentals, accommodations and other activities as early as possible. Prices are not going down and are still somewhat impacted by the limited capacity

of flights and staffing challenges faced by many industries. Consider working with a travel advisor who can make any last-minute changes to travel plans, explore travel insurance options and help plan a trip that meets your needs and comfort level this holiday season.

Air — Even with air travel seeing a boost this year, AAA finds that the average lowest airfare is 27.3% less than last year coming in at \$132. Tuesday and Wednesday are still the most expensive and heaviest travel days with Monday being the lightest and least expensive. Those wanting to

book last minute travel will find the best fares about two weeks before Thanksgiving but keep in mind availability may be limited.

Hotels — Mid-range hotel rates have increased about 39%, with average nightly rates ranging between \$137 and \$172 for AAA Approved Hotels.

Car Rentals — Daily car rental rates have increased 4% compared to last Thanksgiving at \$98. Over the summer, consumers experienced high costs and limited availability of rental cars in some markets due to the semi-conductor chip shortage impacting automakers. While this shortage

has subsided, it could return as the holidays near.

Be Patient. The roads and airports will be busy so plan ahead.

Arrive at the airport early so you'll have plenty of time to get through longer TSA lines and other travel checkpoints. For domestic travel, AAA suggests 2 hours ahead of departure time and 3 hours for international.

Consider booking a flight during non-peak travel periods to cut down on wait times.

Hit the road when there's less traffic and allow for extra time when traveling to your destination.

Be Prepared. For the 48.3 million Americans hitting the road, make sure you and your vehicle are ready for the trip ahead as AAA expects to respond to over 400,000 calls for help over the Thanksgiving holiday weekend. Before any long trip, AAA suggests getting an inspection to check key components like the battery, fuel system, tires, brakes and fluid levels. However, if your vehicle has been sitting idle these systems are particularly vulnerable to deteriorating especially without proper care or maintenance.

Be Protected—Both You and Your Trip. If you

plan to travel during the holidays, it's essential to do so safely and understand how to protect yourself, your loved ones and your investment while traveling. Also, as travel restrictions remain in flux, it's essential to know requirements and recommendations based on your vaccination status, where you're traveling from and where you're traveling to. AAA's COVID-19 Travel Restrictions Map and TripTik.AAA.com are also helpful resources travelers may use for free to understand closures, recommendations and requirements when traveling in the U.S.

Travel insurance — AAA highly recommends travel insurance to cover unexpected delays or trip interruptions. It is best to consult the expertise of a travel advisor who can guide you on the coverage options available for your specific trip, including if your destination requires visitors to carry travel insurance.

Clean accommodations — when booking a place to stay, look for accommodations that prioritize cleanliness and have implemented additional housekeeping standards since the start of the pandemic. Earlier this year, as part of its Diamond design-

nation, AAA enhanced its housekeeping evaluation to include objective, scientific validation of the cleanliness of common surfaces throughout hotels. Hotels that meet these new standards are now recognized as Inspected Clean and a current listing can be found here.

Safe travel = smart travel — everything from airports to restaurants to attractions will be busier this Thanksgiving, which means more people congregating. Masks are still required for everyone on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations. The CDC also recommends everyone wear a mask indoors in public if they are in an area of substantial or high transmission.

Domestic and international travel guidelines — as of Nov. 8, the U.S. opened its borders to fully vaccinated international travelers. The CDC has updated its guidance to reflect these changes. When traveling within the U.S., fully vaccinated travelers do not need a negative viral test or to self-quarantine. For international travel, refer to the CDC for specific guidelines.

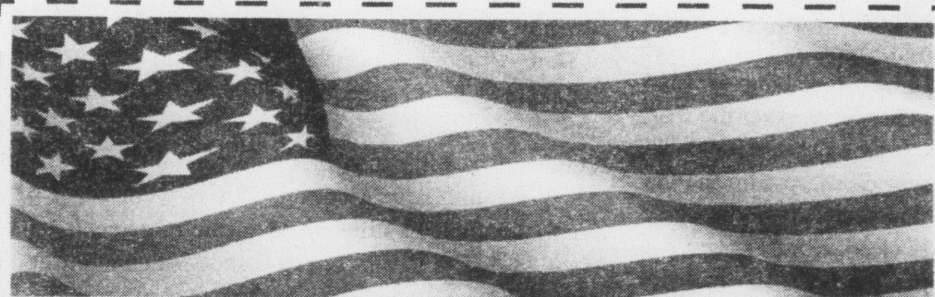
Travelers Headed to Big Cities and Beaches This Thanksgiving

AAA Travel continues to see a strong recovery that began over the summer and will last into the holiday season. AAA booking data reveals that big cities and tropical destinations are topping travelers' list this Thanksgiving both domestically and abroad (chart above):

Expected Number May Change

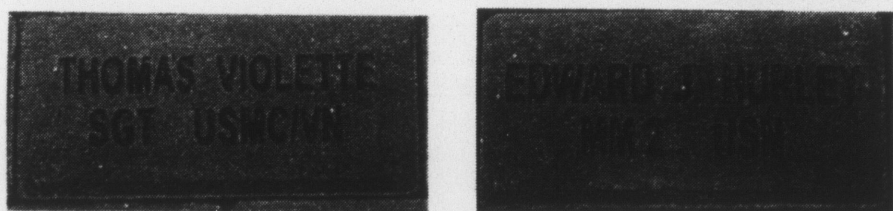
AAA notes that the actual number of holiday travelers could fluctuate as we approach Thanksgiving. If there is an increase in reported COVID-19 cases, some people may decide to stay home, while others may note the progress in vaccinations and make last-minute decisions to travel. AAA recommends working with a travel advisor who can help you plan a vacation that meets your needs and comfort level this holiday season. To get started and to learn more, visit AAA.com/Travel.

2021 Top Thanksgiving Destinations	
U.S. Destinations	International Destinations
Orlando, FL	Cancun, Mexico
Anaheim, CA	Montego Bay, Jamaica
Dallas/Ft. Worth, TX	Aruba
Phoenix, AZ	Los Cabos, Mexico
Honolulu, HI	Nassau, Bahamas
Kahului, Maui, HI	St. Lucia, West Indies
Atlanta, GA	Dublin, Ireland
Tampa, FL	(tie) Tel Aviv, Israel and Calgary, Canada
Ft. Lauderdale, FL	Paris, France



FLAGS FOR VETS ISLAND SQUADRON 294

Bricks for Veterans Program



PHASE 2 Still Available

The Sons of the American Legion, Squadron 294, Morrisette American Legion Post in Quincy is still selling engraved honor and memorial bricks for its "Bricks for Veterans" at Flags for Veterans Island, Fort Square, Quincy.

Phase 1 along the walkway to the island's main flag pole is sold out but bricks for **PHASE 2** are still available.

PHASE 2 engraved bricks will form a patio in front of the flower bed located on the Pleasant Street side of the island in Fort Square.

Bricks are available for \$50 each. The bricks can be inscribed with a veteran's name, rank and branch of service. A sample brick appears above.

This form can be clipped, filled out and mailed to order a brick.

BRICKS FOR VETERANS

Line 1: Veteran Name/Rank: _____

Line 2: Branch of Service: _____

Bricks cost \$50 each

Send this form and check to:
S.A.L. Squadron 294
87 Woodcliff Road.
Quincy, MA 02169

For more information or to order, call 617-733-8026

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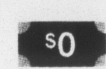
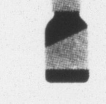
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-  **Up to \$1000 for covered types of preventive and comprehensive dental**
-  **\$50 a quarter in credits for over-the-counter products for home delivery**

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Reserve your seat at a Medicare plan meeting

Learn about Medicare plan options in your area. Events will follow applicable public health safety guidelines.

Foxboro	Quincy
Dec 2	Dec 7
9:30am	10am
Hampton Inn	Marriott
2 Foxborough Blvd	1000 Marriott Dr

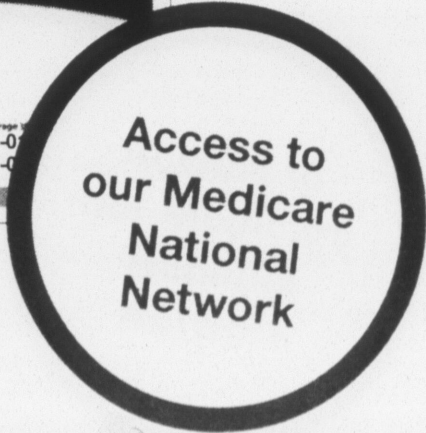
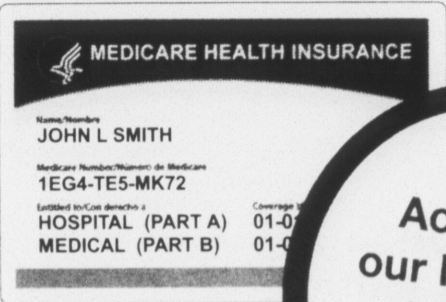
Take advantage of 1-on-1 help at a UnitedHealthcare Walk-In Location

Stop by during the times listed to get answers to your questions from a licensed sales agent. Events will follow applicable public health safety guidelines.

Foxboro	Quincy
Dec 2	Dec 7
1-4pm	1-3pm
Hampton Inn	Marriott
2 Foxborough Blvd	1000 Marriott Dr

It's time to take advantage

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1-855-283-2844, TTY 711
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[ExploreUHC.com](https://www.exploreUHC.com)



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Quincy Veterans Day Parade - 2021



MAYOR THOMAS KOCH (left) and Quincy Veterans Services Director George Nicholson pause after placing a memorial wreath at the base of the World War I "Doughboy" statue on Hancock Street near Furnace Brook Parkway during the Quincy Veterans Day Parade procession Nov. 11.

Quincy Sun Photos/Robert Bosworth



COLOR GUARDS from the city's numerous veterans' posts marched in the Quincy Veterans Day Parade Nov. 11 including the William R. Caddy Marine Corps Detachment shown here marching down Hancock Street towards Merrymount Park for the annual Veterans Day ceremony.



YOUNGSTERS WAVE SMALL American Flags show their appreciation for veterans marching in the annual Quincy Veterans Day Parade while sitting on a curb on the parade route.

AN ARRAY OF local and regional marching bands were featured in this year's Quincy Veterans Parade including the Boston Windjammers Marching Band.



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COLOR GUARD from the Nickerson American Legion Post leads a procession of other marchers in Quincy's Veterans Day Parade Nov. 11. This photo was taken at the intersection of Hancock Street and Furnace Brook Parkway. Photo right: Quincy Girl Scouts proudly display the American flag in support of veterans as they march down Hancock Street in the Quincy Veterans Day Parade.

Quincy Sun Photos/Robert Bosworth



Service, Sacrifice Honored On Veterans Day



LT. COMM. MONICA JOHNSON, commanding officer of Navy Operational Support Center Quincy, was the keynote speaker for this year's Quincy Veterans Day ceremony. "We as veterans, we raise our right hand and pledge to serve and defend the Constitution of the United States and all personnel. We commit to putting the safety and security of the citizens of the United States above our own. We sacrifice time with our families, friends, the ability to have children, our physical and mental health, to ensure those we serve have the opportunity for safety, a full life, and to thrive," she said in her remarks.

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"Thank you for choosing to put your country first, often at great risks to yourself. Thank you for believing in us, that we are worth fighting for."

"In times like this when we see so much division and partisanship, I want to believe that we can come together to say a simple but profound thank you. Thank you, without rancor and discord, but with a deep, lasting appreciation that whatever our politics, whatever our beliefs, our veterans chose to put their bodies and lives on the line so that others would not have to."

The Rev. John Swanson, a Navy veteran, paid tribute to late Mayor Francis McCauley, who died Nov. 3 at age 91, during his invocation at the opening of the ceremony. Swanson called McCauley, who served in the Navy, "a symbol for all veterans."

"This is not Memorial Day - this is the day we cel-

brate all who have worn the uniform of the United States," Swanson added.

The Veterans Day observance included the laying of two wreaths - one in the shape of a Gold Star and the other made up of red, white and blue flowers - at the base of the World War II memorial.

Rebecca Morris, a senior at Quincy High School, sang

the national anthem during the event. James Rheault, a fifth grader at the Ather-ton Hough School, lead the audience in the pledge of allegiance. Robert LaFleur sounded "Taps" at the close of the ceremony followed by a volley from the Marine Corps Leatherneck Society.

The parade that started the day's events made its way from Quincy High

School to the park. Among the units participating in the parade were the honor guards from the Quincy Police and Fire Departments, local veterans' organizations, Boy Scouts and Girl Scouts, Sea Cadets Squadron 7-Zulu, members of the North Quincy High School Air Force Junior ROTC, and the Quincy-North Quincy High School band.

Quincy School - Community Partnership and
Mayor Thomas P. Koch
present

'Tis the Season...
Symphony & Song!

Celebrate the sounds of the holiday season with the

Quincy Symphony Orchestra
Quincy Public Schools Combined High School Choral Group
and
John Adams Orchestra

Thursday, December 2, 2021
Quincy High School
Lloyd Hill Performing Arts Center
7:00 P.M.

General Admission \$20.00

Tickets may be purchased at both North Quincy High and Quincy High School

Dinner, Performance and VIP Seating \$40.00

A 3-course dinner will be served at President's Cafe (located in Quincy High School) prior to the evening performance. Dinner seating will begin at 5:00 p.m. Dinner Performance tickets must be purchased at Quincy Public Schools, 34 Cockington Street, Quincy, MA 02269 by Wednesday, November 24, 2021. Seating is limited. For additional information please call (617) 864-4743.

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SAL Squadron 294 Hosts Veterans Day Observance

By TOM GORMAN

Marine Sergeant Richard Brewer was severely injured when a suicide truck bomb rocked the American Embassy in Beirut, Lebanon where he was serving in 1984. After returning home three years later, he joined the Massachusetts State Police. A decade later, he earned a degree in Special Education and returned to Beirut as a teacher at a community school for two years. He came back to the United States where he began a decade's long teaching career in Portland, Maine. He later married and started a fam-

ily. His life was the American Dream. But a nightmare lurked: Post Traumatic Stress Disorder (PTSD). The psychological trauma of his injuries and combat experiences from 20 years earlier pushed him to the point where death seemed better than life. He was able to overcome that "war within" and wanted to live for his family and help other struggling veterans.

Brewer was the keynote speaker at the annual pre-Veterans Day ceremony at the Flags for Veterans Island Nov. 7. Residents, officials,

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RICHARD BREWER, a decorated Marine Corps combat veteran and retired State Police detective trooper, was the keynote speaker at the Sons of the American Legion Squadron 294, Morrisette American Legion Post, annual Veterans Day observance Nov. 7 at Flags for Veterans Island, Fort Square, Quincy. In his remarks, Brewer said, in part, the government needs to step up its support of struggling veterans, "not financially, but physically, mentally, and emotionally. That's what we need, and we need it at the community level," he said. Behind Brewer are members of the Quincy Police and Quincy Fire Honor Guards.

Quincy Sun Photos/Robert Bosworth



SAL COMMANDER Joe Brill: "We are so lucky to be from a city with rich military history. We decorated this island with 400 flags and over 600 bricks for those who have served, are serving, and paid the ultimate sacrifice to keep America free."



MAYOR THOMAS KOCH: "We go to cemeteries all across the city and see the graves of those who served and paid the ultimate sacrifice. May God continue to provide to those men and women who stepped up to serve, less than one percent of the population, to defend this land and promote peace around the world."



QUINCY NATIVE, Jake Comer spoke of his emotional trip to Pearl Harbor, Hawaii while he was serving as the national commander of the American Legion in 1987-88. He recalled taking a Navy tender out to the USS Arizona that was among the ships sunk during the Japanese surprise attack in 1941 that brought the US into World War II. "You step on the Arizona in the glass enclosure, and you actually see the deck of the ship and the oil that is still coming up from the bottom since 1941. We remember the 1,027 men who are still there in the Arizona who did not make it home," he said. "And that's why you are here today. These flags represent everything that is good in this nation, and don't you ever forget that."



GEORGE BOUCHARD, dual member, Morrisette Legion Post and Squadron 294, noted how the squadron, assisted by the squadron's Ladies Auxiliary, beautifies Flags for Veterans island twice a year to "remind all of us of the men and women who serve this country with honor."



SQUADRON FINANCE OFFICER Guy Ferris, an Air Force veteran, welcomed the gathering to "honor our nation's heroes who have served to safeguard our liberties. There is an old adage among veterans that goes like this: Memorial Day is for them, Veterans Day is for us."



GENE THEROUX, Massachusetts Sons of the American Legion commander: "Veterans Day to me is every single day. I thank veterans each and every single day."

SAL Squadron 294 Veterans Day Observance

Cont'd From Page 24

and veterans gathered at the Fort Square traffic island adorned with 400 fluttering flags and 600 inscribed bricks to honor veterans, past and present.

"We are so lucky to be from a city with rich military history," said Joe Brill, commander of Squadron 294, Sons of the American Legion, that hosted the ceremony. "We decorated this island with 400 flags and over 600 bricks for those who have served, are serving, and paid the ultimate sacrifice to keep America free. I ask each and every one of you to take time to reflect, to remember, and to honor. If there were no veterans, there would be no America. Freedom is not free. Tell me and I forget, show me and I remember, involve me and I understand."

Following a prayer by squadron Chaplain Don Knight and the singing of the National Anthem by Boston Bruins' anthem singer Todd Angilly, squadron finance officer Guy Ferris, an Air Force veteran, welcomed the gathering to "honor our nation's heroes who have served to safeguard our liberties."

"There is an old adage among veterans that goes like this: Memorial Day is for them, Veterans Day is for us," he said. "Another adage I like is often found on a bulletin board, 'If you are able to read this notice, thank a teacher; If you are reading it in English, thank a veteran.'"

Mayor Thomas Koch paid tribute to squadron Past Commander Paul Moody, who spearheaded the Flags for Veterans Island. Moody was ill and was unable to attend.

Koch pointed to the previous week's observance of All Souls Day and drew an analogy between that and veterans.

"I couldn't help but think of the martyrs of the church who died for their faith, who died for a cause bigger than themselves," he said. "In coming here, I thought of the analogy of the veterans stepping up and serving for a cause bigger than themselves. In this city we have a great history, generation after generation, of doing just that. We go to cemeteries all across the city and see the graves of those who served and paid the ultimate sacrifice. May God continue to provide to those men and women who stepped up to serve, less than one percent of the population, to defend this land and promote peace around the world."

George Bouchard of the Quincy Veterans Services and a member of Squadron

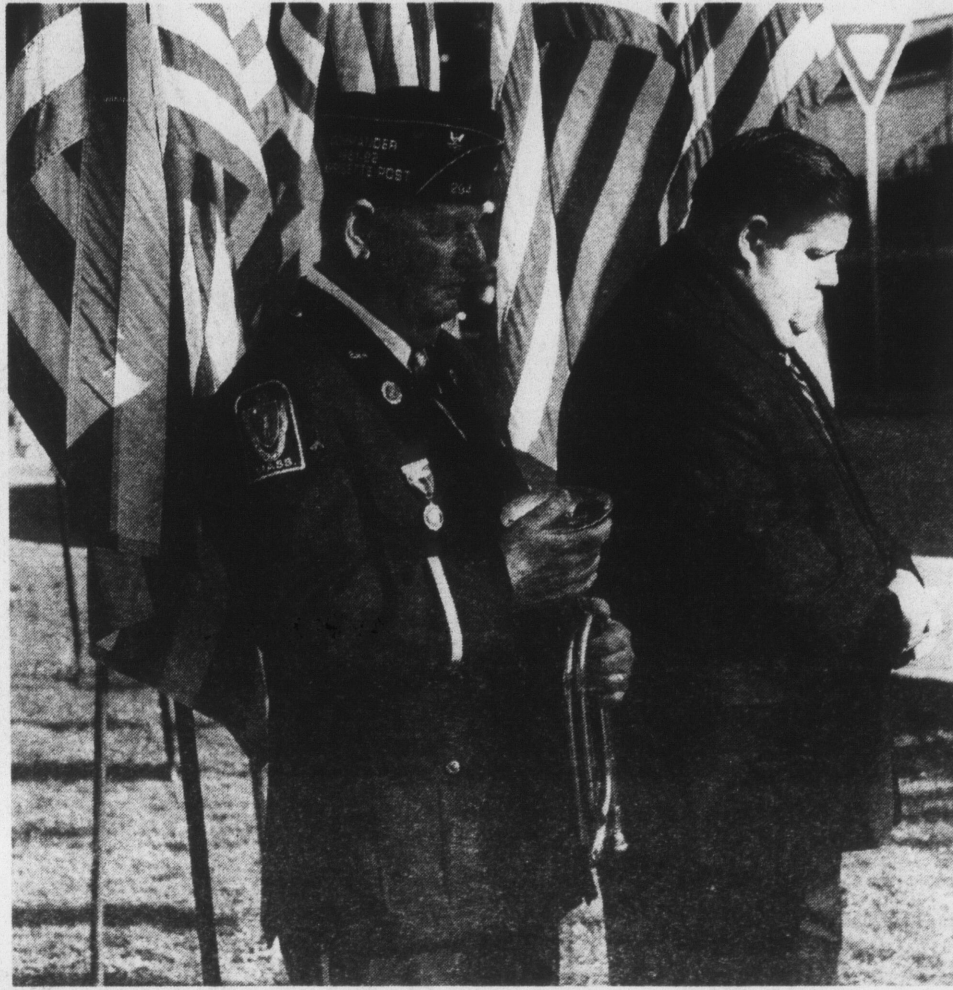


PHOTO ABOVE LEFT: Morrisette Legion Post Past Commander Robert LaFleur (left) and Todd Angilly (right), national anthem singer for the Boston Bruins who sang the "Star Spangled Banner" at the SAL Squadron 294 Veterans Day observance Nov. 7, bow their heads as Quincy Firefighter Steve Sweet (photo above right) plays "America the Beautiful" on the bagpipes in memory of all deceased veterans. Photo below right: the flags (from top to bottom) of the United States, Prisoner of War/Missing in Action and Sons of the American Legion fly from the main flag pole at Flags for Veterans Island.

Quincy Sun Photos/Robert Bosworth



294 and Morrisette American Legion Post Commander, noted how the squadron, assisted by the squadron's Ladies' Auxiliary, beautifies the island twice a year to "remind all of us of the men and women who serve this country with honor."

"Every flag and brick at this island have a name on it," he said. "Behind that name are stories and memories of someone very special."

Massachusetts Sons of the American Legion Commander Gene Thoroux thanked the Quincy squadron for its work honoring veterans.

"Veterans Day to me is every single day," he said. "I thank veterans each and every single day."

Quincy native, Jake Comer, spoke of his emotional trip to Pearl Harbor, Hawaii while he was serving as the National American Legion Commander in 1987-88. He recalled taking a Navy tender out to the USS Arizona that was among the ships sunk during the Japanese attack in 1941 that brought the US into WWII.

"You step on the Arizona in the glass enclosure, and you actually see the deck of the ship and the oil that is still coming up from the bottom since 1941," he said, asking, "So why do we celebrate, and thank, and remember?"

"We remember the 1,027 men who are still there in the Arizona who did not make it home," he said. "And that's why you are here today. These flags represent ev-

erything that is good in this nation, and don't you ever forget that."

Ferris introduced Brewer, who enlisted in the Marines at age 17 after graduating six months early from high school. He quickly rose through the ranks to sergeant and trained Marines to guard embassies around the world. After receiving a Top Secret Security Clearance, he was assigned to the American Embassy in Beirut.

Brewer, who lives in Maine, talked of how the country has become divided and everyone wants to be an individual. He explained how the military strips recruits of their individuality and instills commonality and teamwork. He said returning veterans come back home changed — a combination of working as a team with their units and suffering injuries and mental anguish.

"When a veteran comes back home to their community, they don't understand the civilian side of things, the selfishness," he said.

Brewer said he is among the thousands of veterans suffering from PTSD. He founded the One Warrior Won organization, educating, and supporting both the public and veterans about the disorder that has led to many veterans taking their lives — an average of 22 veterans a day committing suicide.

"We lost are and still losing more men and women to suicide than the last 20 years of conflict in Iraq and Afghanistan. That is, not ok,"



he said.

"Why are veterans killing themselves?" he asked.

"They feel alone, they feel abandoned, they feel misunderstood. When come back

to these communities, they feel like an outsider because

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SAL Squadron 294 Veterans Day Observance

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they are not individuals. Where's the team? Where's the brotherhood and sisterhood they used to be a part of? They come back here and that's all gone now. No one understands that."

He urged veterans to talk about their war experiences and bare their soul.

Noting that the veterans' hospitals are overwhelmed and many located miles apart, Brewer asked for support and services to be available at the local level to deal with veterans' physical and mental issues.

"Why do I have to drive an hour to get physical and mental services when I live seven minutes from the best hospital in Maine?" he asked.

Brewer said the government needs to step up its support of struggling veterans, "not financially, but physically, mentally, and emotionally."

"That's what we need, and we need it at the community level," he said.

Brewer urged local lead-

ers to "lobby for veterans' programs that are born right in the place where the veterans are born, that's right in the community that raised them."

Color guards from the North Quincy High School Air Force Junior ROTC, Quincy police and fire departments, Morrisette Post Ladies Auxiliary, and Boy Scout Troop 6 participated in the ceremony. For their assistance in beautifying the island, the squadron honored Patti Williams and Sue Lewis of the Houghs Neck Garden Club; Darryl Andrews and Stephanie Fuller of the Quincy Home Depot; and the squadron's Ladies Auxiliary member Terry Brill.

The program included the dedication of bricks by Kathleen Morrison Shea inscribed with four names of veterans from the Morrison family, placing of a memorial wreath, a volley, Taps, and the playing of "America the Beautiful" by Quincy Firefighter Steve Sweet on the bagpipes.



NEW BRICKS at Flags for Veterans Island were dedicated at the Sons of the American Legion Squadron 294 Morrisette Legion Post Veterans Day observance Nov. 7. From left to right are Kathleen Morrison Shea, SAL Commander Joe Brill and Officer of the Day Steve Dunlea, a past commander of the Morrisette Legion Post. Among the new bricks are four inscribed with the names of four veterans from the Morrison family.

Quincy Sun Photos/Robert Bosworth



SONS OF THE American Legion Squadron 294 presented certificates of appreciation and flowers to several groups and individuals who have helped maintain and beautify Flags for Veterans Island this year. Shown here is Commander Joseph Brill (center) with two members of the Houghs Neck Garden Club Patti Williams (left) and Sue Lewis.

African Trade Fair Sunday At Highrock Covenant Church

Highrock Covenant Church, 315 Whitwell St., Quincy, will sponsor an African Trade Fair at the church Sunday, Nov. 21 from 12:30 to 3 p.m.

The church is handicapped accessible through the back door and has off-street parking. Proceeds will benefit Ziemele, a woman's self-empowerment group in South Africa that the church has sponsored for many years. A few members of the congregation have visited the program just before the pandemic.

Items for sale include jewelry, vintage and contemporary baskets, wood carvings, handmade dolls,

Christmas nativities and ornaments and more. African artisans come from South Africa, Kenya, Zimbabwe

and several other African nations.

Masks must be worn to enter the building.

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HOME DEPOT'S Darryl Andrews (left) and Stephanie Fuller (right) receive a certificate of appreciation from SAL Commander Joe Brill for their assistance in maintaining and beautifying Flags for Veterans Island this year.



TERRY BRILL (right), wife of SAL Commander Joe Brill (left) and a member of Post 294's Ladies Auxiliary, receives flowers and a certificate of appreciation from her husband for her efforts to help beautify Flags for Veterans Island.

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Q/NQ Football Hall Of Fame 2021 Class Selections Announced

The selection committee of the Quincy/North Quincy Football Hall of Fame announces its class of 2021.

The Quincy inductees are: Paul Bandera 80', Joe Cardarelli 87', Mark Glynn 97' and the undefeated 1970 Team (Special Inductee).

The North Quincy inductees are: Tom Quinn 79', Mike Gill 84' and Kevin Bowes 98'.

The inductees will be

honored at the 37th annual dinner on Tuesday, Nov. 23rd, at the Quincy Sons of Italy, 120 Quarry St. There will be a reception at 6:30 p.m. followed by the dinner at 7 p.m. Tickets are \$50 and can be purchased by contacting Scott Campbell at 857-939-9692.

Those wishing to attend the event are reminded tickets will not be sold at the door.

B-R Edges North Quincy Football, 21-20

By TOM JOYCE

It was a tough opponent and a highly competitive game.

However, the North Quincy High football team came up short last Friday night in their closest game of the season.

The Raiders hosted the Bridgewater-Raynham Trojans at Veterans' Memorial Stadium in non-playoff action. While it could have gone either way, their opponent came out on top 21-20 after making a late comeback. With the loss, the Raiders fell to 4-5 on the season.

It wasn't until the final minute of the game that Bridgewater-Raynham took the lead. The team took the lead in the fourth by scoring a pair of touchdowns, shutting its opponent out, and getting a turnover on the final drive of the game.

While the Raiders led 20-7 at the start of the fourth quarter, the lead would not last. Bridgewater-Raynham scored with 5:54 remaining in the contest. First, Bridgewater-Raynham got the touchdown on a two-yard run. Then, the extra point was good. After that, Bridgewater-Raynham took a risk -- and went for the onside kick. It worked; the team recovered the ball at the Raiders' 46-yard line.

Bridgewater-Raynham marched down the field once it got the ball back. It found success on the ground and capped off the drive with a touchdown with 23 seconds left to tie the game. However, it wasn't until the team kicked the extra point that it took the 21-20 lead.

The late touchdown left the Raiders with little time to mount a comeback. The final pass attempt of the game for the Raiders was intercepted by Bridgewater-Raynham, preventing a comeback win from happening.

While it was a comeback

win for Bridgewater-Raynham, the team was also the first to score a touchdown in the game; after that, however, the Raider scored three unanswered touchdowns.

Bridgewater-Raynham got on the board with a 75-yard touchdown run with two minutes left in the first quarter; it was one of a few long runs for the team's primary running back as it ran for more than 200 yards in the win. Bridgewater-Raynham also made the extra point kick to go up 7-0.

It didn't take long for the Raiders to take the lead after that; they led 12-7 at half-time.

The first score for the Raiders came with 8:18 left in the second quarter; they got a 27-yard touchdown run from Nate Caldwell. It made the score 7-6 as Bridgewater-Raynham blocked the team's extra point attempt. Additionally, quarterback Cooper Hansen capped off the team's final drive of the first half with a quarterback sneak for a one-yard touchdown run. The touchdown came with 59 seconds remaining in the second quarter. The team's two-point conversion attempt was unsuccessful.

The Raiders would also score in the third quarter. That touchdown came on a five-yard run from Michael Gorman with 45 seconds remaining. The Raiders extended their lead to 20-7 thanks to a successful two-point conversion attempt. Hansen completed the pass to Colm Geary in the end zone for the points.

It was the final touchdown of the game for the Raiders -- and Bridgewater-Raynham went on to make its fourth quarter comeback.

The game marked a rare matchup between these two teams. While they played each other once a year between 1990 to 2003, they had not faced each other since. "Before this game,



NORTH QUINCY High School girls varsity volleyball team had a successful season advancing to the second round of the Div. 2 tournament. The Raiders who were seeded 21 defeated 12th seed Mansfield Nov. 4. NQ bowed in their next match to Melrose Nov. 9 in the round of 16. The Raiders finished their season with a 16-6 record. From left (back to front) are Mia Cluett, Ava Bryan, Olivia Kosinski, Chika Akukwe, Stephanie Huang, Jennifer Lee, Breeana Chu; Center - Angelina Li; and right back to front: Bryanna White, Amy Lien, Kaila Jacques, Bridget Keane, Flora Chen, Kiera Sleiman, Olivia Bailey and Zixian Situ. Not shown is head coach Caitlin Plaskasovitis and assistants Fabiola Garcon and Julia White and team manager Siobhan Nolan and volunteer Megan Johnston.

Photo Courtesy North Quincy High School



QUINCY HIGH SCHOOL girls varsity volleyball team had a successful season earning a berth in the Div. 1 tournament. The 19th-seeded Presidents bowed to 14-seed Peabody 3-1 in the round of 32. Quincy finished the season with a record of 16-5. Front row from left to right: Paige Mann, Mary Saccoach, Tiffany Le and Kelly Phu; middle row - Maggie Lynch, Leila Akhouzine, Mona Ly, Lucy Lynch and Elise Roche; back row - Emma Glavin, Alyssa Hopps, Colleen Moran, Bridget Hoare, Madeline Mayo, Annika Schmitt and Thu Luong. Head coach is Jacqui Niosi. Assistant coaches are Tricia Wong, Marybeth Torpey, Julie Krieger and Jacqui Principi.

Photo courtesy Quincy High School

AAA: As Darkness Falls, Crashes Rise Dramatically

The evening commute just got darker due to the end of daylight saving time. It also suddenly became much deadlier for motorists and pedestrians alike.

An AAA analysis of crash data during the 5 p.m. hour, both nationally and in Massachusetts, shows a significant spike in crashes in the days following the move to eastern standard time.

In the first week following the time change, fatal pedestrian crashes across the United States in the 5 p.m. hour increased by 678 percent from 2010 to 2019, from an average of 2.3 a week to 17.9. Fatal car

crashes increased by 73 percent during the same time period, increasing from 26.2 per week to 45.3.

In Massachusetts, the surge in crashes doesn't stop after this week. From 2016 to 2020, there was a 53 percent increase in crashes during the 5 p.m. hour in the four weeks following the time change as compared to the four weeks prior, jumping from an average of 27 a day to 42. For pedestrians, the chance of being struck by a car increased 274 percent over the same period.

"The adjustment period after the clock change can be lengthy and drivers are

more likely to drive drowsy, or be out of practice with driving in the dark," said Mary Maguire, director of Public and Government Affairs for AAA Northeast. "It's essential for everyone to be extra vigilant about staying alert during these critical weeks as we all adjust to the changing conditions and earlier darkness."

According to the AAA Foundation for Traffic Safety, despite viewing drowsy driving as very or extremely dangerous, 17 percent of motorists admit to driving when they were so tired, they had a hard time keep-

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Holiday Food Drive At Norfolk Registry Of Deeds

Cont'd From Page 12

home heating fuel and also food bills are higher with kids home during school vacation. Let us be mindful during this Thanksgiving season that others may be in need of our help."

Non-perishable food items can be brought direct-

ly to the Registry of Deeds, 649 High St. in Dedham. A donation bin will be set-up in the Registry's lobby and food can be dropped off Monday through Friday between 8 a.m. to 4:30 p.m.

Suggested donations include canned goods, breakfast cereals, pasta, sauces,

toiletries and paper products.

If you can't get to the Registry to drop off food, you can check their website, at www.norfolkdeeds.org for a pantry location in your community. "Working together, we can truly make a

huge difference this holiday season," O'Donnell added.

To learn more about these and other Registry of Deeds events and initiatives, "like" us on facebook.com/norfolkdeeds, follow us on twitter and instagram @norfolkdeeds.

Quincy-North Quincy X-Country MIAA Division 1B Championships

Nov. 13

**Wrentham Development Center
& Fairgrounds – Distance 5k**

Top 15 finishers in each race receive medals

Top 7 teams advance to All State Division 1 plus #8 & #9 wildcards from Division 1A, B & C

Plus top ten finishers not on a qualifying team

BOYS QNQ FINISHERS

8. Robert Cannon 16:10 Qualified for AllState
9. Hatim Boukhtam 16:14 Qualified for AllState
93. Kyle Clements 17:53
107. David Schmidt 18:06
135. Jonathan Bina 18:46
141. Matt Hollatz 18:58
146. Shane Faherty 19:18

Place Finish: 14th 352 points

Teams Entered: 33
Teams Scoring: 25

Total finishers: 168

Time Total: 1:27:11 time score place: 11th

Performance vs. Patriot League Teams: 1st

GIRLS QNQ FINISHERS

5. Salma Boukhtam 19:05 Qualified for AllState
13. Aluna Coogan-Coyne 19:26 Qualified for AllState
91. Caitlin Cormican 21:58
108. Grace Cody 22:56
117. Sabrina Egan 23:24
147. Victoria Mariano 25:12
149. Jennie Burgess 25:31

Place Finish: 12th 327 points

Teams Entered: 32
Teams Scoring: 23

Total finishers: 155

Time Total: 1:46:52 time score place: 12th

Performance vs. Patriot League Teams: 5th

Lost to: Marshfield, Hingham, Whitman-Hanson, Plymouth North
Defeated: Plymouth South, Duxbury, Silver Lake, Scituate, Hanover, Pembroke

Qualifiers will run in the All-State division meet at Wrentham Development Center Saturday



STATES MEDALISTS GIRLS: Quincy High School sophomore Salma Boukhtam (left) and North Quincy High School sophomore Aluna Coogan-Coyne.



STATE MEDALISTS BOYS: Quincy High School seniors Hatim Boukhtam (left) and Robert Cannon (right).



STATE MEET Quincy-North Quincy girls cross country team. Left to right: Coach Geoff Hennessy, Victoria Mariano, Caitlin Cormican, Salma Boukhtam, Aluna Coogan-Coyne, Grace Cody, Sabrina Egan and Assistant Coach Carolyn Mullaney. Missing from photo: Jennie Burgess.



STATE MEET Quincy-North Quincy boys cross country team: Left to right: Coach Geoff Hennessy, Shane Faherty, Kyle Clements, Robert Cannon, Jonathan Bina, Hatim Boukhtam, Matt Hollatz, Cam Griffin, Trevor Mangino, David Schmidt and Assistant Coach Carolyn Mullaney.

Photos Courtesy Stephanie Kolby

AAA: As Darkness Falls, Crashes Rise Dramatically

Cont'd From Page 27

ing their eyes open at least once in the previous 30 days. (2020 Traffic Safety Culture Index). Drivers who have slept for less than 5 hours have can have a crash risk comparable to someone driving drunk. Even missing one or two hours of sleep can nearly double the risk of a crash.

AAA recommends that drivers:

- Should not rely on their bodies to provide warning signs for drowsiness and should instead prioritize getting at least seven hours of sleep before hitting the road.
- Travel at times of the day when they are normally awake.
- Avoid heavy foods.
- Avoid medications that

cause drowsiness or other impairment.

To adjust to darker conditions, AAA recommends that drivers make sure their vehicle is in good repair with an emphasis on their headlights, which can show signs of deterioration even after three years. Check for yellowing, clouding and other changes in appearance. Replacement and restoration services are available at most repair shops, including AAA Approved Auto Repair facilities.

Additionally, AAA recommends drivers:

- Compensate for reduced visibility by decreasing your speed and increasing following distance to four or more seconds behind the car in front of you.
- Older drivers should

recognize that at age 60 it takes three times more light to see the roadway than it did at age 20, and if possible plan driving times accordingly.

• Keep your eyes moving. Do not focus on the middle of the area illuminated by your headlights. Watch for sudden flashes of light at hilltops, around curves, or at intersections, because these may indicate the presence of oncoming vehicles.

• Look at the sides of objects. In the dim light, focus on the edges or outlines of objects. Your eyes can pick up images more sharply this way than by looking directly at the object.

• Avoid being blinded by oncoming high beams. If the driver of an oncoming vehicle fails to dim the lights,

look down toward the right side of the road. You should

AAA Survey: Gasoline Prices Up One Cent

Massachusetts's average gas price is up 1 cent from last week (\$3.40), averaging \$3.41 per gallon. Monday's price is 18 cents higher than a month ago (\$3.23), and \$1.34 higher than Nov. 15,

2020 (\$2.07). Massachusetts's average gas price is the same as the national average.

"A slight dip in gas demand, possibly due to seasonal driving habit changes,

is contributing to some price relief at the pump," says Mary Maguire, director of Public/Government Affairs. "Unfortunately, the ongoing tight supply of crude oil will likely keep gas prices fluctuating, instead of dropping, for some time."

AAA Northeast's Nov. 15 survey of fuel prices found the current national average to be 1 cent lower than last week (\$3.42), averaging \$3.41 a gallon. Monday's national average price is 11 cents higher than a month ago (\$3.30), and \$1.29 higher than this day last year (\$2.12). AAA

George Burke Donates \$10,000 To First Baptist Church

Attorney George Burke announces he recently donated \$10,000 to the First Baptist Church, corner of Prospect Street and Warren Avenue, Wollaston.

Burke has lived and has raised his family in the neighborhood where the First Baptist Church is lo-

cated and has spent many years admiring the beautiful church and the bells that ring from the church. The First Baptist Church is a historic Baptist Church in Quincy which Burke said he is honored to look out his windows to admire.

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State Senate OKs Same-Day Voter Registration

Cont'd From Page 13

resources and the training to do it correctly, and that falls on us to make sure they get those resources," Keenan said during a recent interview.

"It is a change, but people will have to come in. They will have to have proof of ID with them just as if they are going to register to vote normally. They are going to have to have the same types of identification to establish their residency. They will register that day and if there is any questions, the clerk will address them and may address them with a provisional ballot or whatever.

"They are very capable of doing it, ready to do it, but they all highlighted the need to make sure they have resources so they can do the proper training and have people available on the day.

"It's going to entail more work. Hopefully we'll have a couple opportunities to do it before we get to a presidential election."

The bill would also permanently extend no-excuse mail-in ballot, which was first offered in the Bay State in 2020 amid the COVID-19 pandemic. The law as approved by the Senate would require the secretary of the commonwealth to send every registered voter in the state a mail-in ballot application on July 15 in every even year. This would be similar to how mail-in voting worked in 2020.

In the interview, Keenan emphasized that the state would not be sending out ballots to every voter, just the application to vote by mail-in.

"There is some misinformation out there about how mail-in voting works. We get calls to the office or emails to the office, people think there is just a blanket mailing of ballots and that people therefore can vote twice. If they get a mail-in ballot they mail it in and then they go down and vote anyway," Keenan said. "It doesn't work that way. People would have to request a ballot and have it mailed it to them.

"They can decide not to return it by mail and go and vote in-person, because they would be only voting once, or they can return it by mail. Then, if they go in to vote, they would be recorded as already voting. The system is pretty accurate as far checking the ballot right when they get it."

As in 2020, mail-in ballots would be accepted for biennial state elections if mailed on or by Election Day, provided they are received by 5 p.m. on the third day following the election. This would be different

from how mail-in voting worked this fall, when ballots had to be received by 8 p.m. on Election Day.

The bill would also authorize two weeks of early voting, including two weekends, ahead of biennial state elections and any municipal elections that fall on the same day. One week of early voting, including one weekend, would be required before state and presidential primaries and any municipal elections held the same day.

Municipalities like Quincy, where city elections are held in odd years separate from state elections, would be allowed to opt-in to in-person early voting for municipal elections.

Keenan said residents seem to like the ability to vote early in elections.

"Early voting, it's proven to be successful," he said. "I early voted in the preliminary election at City Hall and asked them how it was, and they were surprised how many took advantage of it. People seem to like it."

Turnout out in this month's municipal election in Quincy was 16.9 percent, even though both early and

mail-in voting were available to residents. Keenan attributed that turnout to what was not on the ballot this year – a mayoral race and races for half the ward seats on the City Council – plus voter fatigue.

"I think not having a top of the ticket race, for instance a mayor's race and a competitive mayor's race, keeps turnout low. We had Ward 1, Ward 2 and Ward 5 ward races, so in three of the

wards we didn't have races. A lot of this stuff is kind of generated at the ward level and up and there weren't competitive ward races in three out of the six wards," Keenan said. "School Committee, I thought it generated more excitement than what many people thought initially.

"But I also think there is also just kind of a voter weariness. It's all elections all the time now between

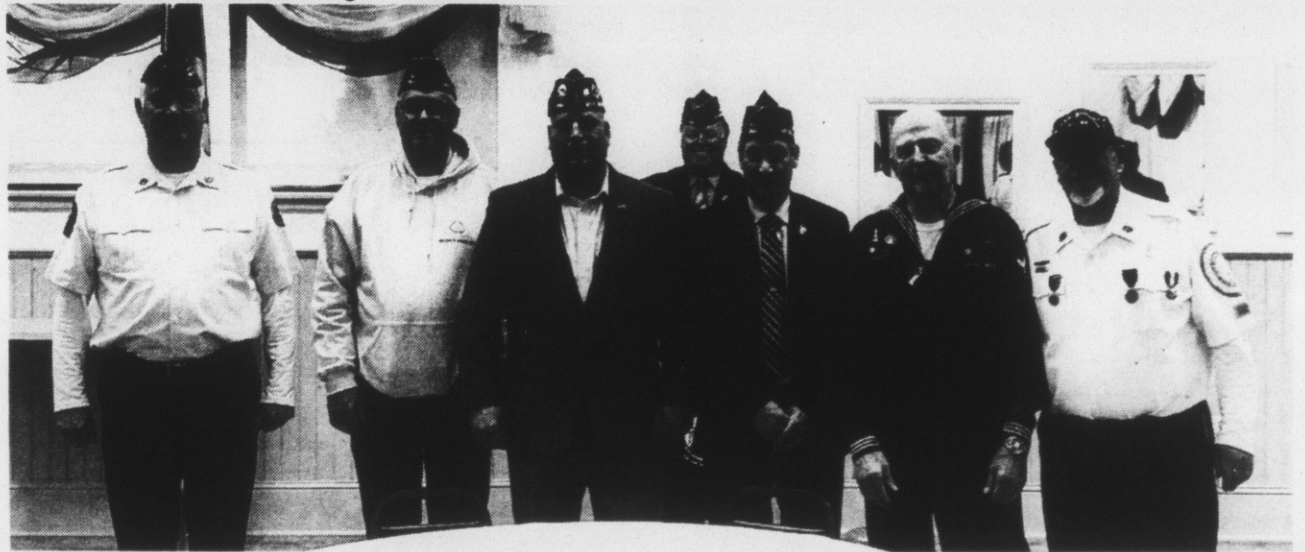
the presidential election, the congressional midterm elections, the gubernatorial election, the state elections, the local elections. Some communities have local elections in the spring, some have them in the fall.

"It seems like people are just constantly finding themselves being part of an election cycle. There is no break and the campaigns end up being very long. Michelle Wu, for instance, I think de-

clared 14 months ago for the mayor's race in Boston.

"I think people just get a little worn out of the politics...so the idea is to make voting easier for people so that they just don't stay at home and say, 'I don't feel like getting into the car and going to the polling place today, I've had enough of it.' They'll have the ability to vote early or to vote by mail and that might increase turnout."

New Quincy Veterans Council Officers Installed



QUINCY VETERANS COUNCIL installed new officers for the 2021-22 year following the Quincy Veterans Day Parade and Ceremony Nov. 11. From left to right: Marc Connolly, Adjutant; Dan Tinney, Commander; Ally Sleiman, Jr. Vice Commander; George Nicholson, Judge Advocate; Steve Dunlea, Sr. Vice Commander; Leo Reardon, Officer of the Day; and Joe Brill, Assistant Chaplain.

Photo Courtesy Quincy Veterans Council

A Real Day For Veterans - Op-Ed

By JOHN MIKSAD

Some 30,000 post 9/11 service members and veterans have been desperate enough to take their own lives. A real day for veterans would provide mental and physical support services that would seek to reduce or eliminate these self-inflicted casualties.

There are 40,000 homeless veterans in this country. A real day for veterans would address their physical and emotional needs and help them access permanent housing.

One of every 10 post 9/11 veterans has been diagnosed with a substance abuse problem. A real day for veterans would help them get treatment without stigmatization or shame.

Fifteen percent of post 9/11 veterans suffer from PTSD. A real day for veterans would provide them with the mental health services they need to cope with the soul-damaging trauma they experienced.

Of course, the only real solution is to prevent this terrible toll on our veterans by keeping our young men and women out of harm's way and shielding them from the tragedies that befall them as a result of the physical and emotional trauma of war. This is the best way to protect and support the rest of us as well. The fact is that the real threats to our safety and security cannot be addressed by military actions.

First, the COVID pan-



JOHN MIKSAD

demic has taken the lives of 757,000 US citizens over the last two years. We need to work to get through this pandemic and then take the lessons learned to prepare for future pandemics. This will take time, energy, and resources.

Second, climate change is dramatically impacting U.S. citizens and people around the world. We are now seeing – first-hand – the flooding, wildfires, storms, heatwaves, droughts, accelerated species extinction, and the first climate refugees. Experts predict that all of these phenomena will continue to grow in frequency and magnitude.

Third, the threat of nuclear annihilation has been dangling over our heads like a sword of Damocles for more than 70 years. There have been close calls and near misses over the decades but we continue to

allow our leaders to play nuclear chicken, jeopardizing civilization and all life on the planet.

All of these threats are global threats, threatening all people of all nations and can only be solved with a global response. It won't matter who has supremacy in the world if it is in ashes. Currently, we are fighting over deck chairs on the Titanic while the ship is going down. It is foolish, destructive, and suicidal.

A new approach is required. The old Cold War ways no longer serve us. We need a new paradigm that replaces relentless competition in the name of myopic economic national interests with global humanitarian concerns. It is in the interest of all people and all nations to deal with these global threats. War and conflict increase fear, hatred, and suspicion of one another. We

need to break down existing barriers between nations and start working together on the things that can harm us and undermine our safety and security.

Currently, the U.S. Congress has been debating (with a corresponding public debate) the merits of two large legislative packages now totaling around \$3 trillion of spending over 10 years. The debate has been raging for months. Yet, at the same time, Congress is pushing through what amounts to a \$10 trillion plan for the Pentagon over the same time period with relatively little discussion in Washington, D.C. and even less public discussion. We need to realize that the military cannot solve our current or future set of problems; indeed, reprioritizing our spending now could solve many of them. Ending the death, suffering, and destruction caused by arms races and war is the first step toward building the trust required for international cooperation and collaboration. The only reason engagement, diplomacy, treaties, and relentlessly striving for lasting peace has not worked is because it hasn't yet been tried.

Eliminating war and militarism would allow us to focus on reducing or preventing the harm caused by the existential threats. We would reap additional benefits as well. Reduced fear and suspicion of "other."

reduced stress, anxiety, and worry, a cleaner environment, an improved democracy, greater liberty, and less human suffering would accompany a fiscal shift from militarism to actual life-affirming needs. We could improve education, clean up our water, reduce violence in our society, improve our infrastructure, provide better housing, and create a sustainable economy that we can be proud to bequeath to our grandkids. We can help our current soldiers and veterans in the process. In other words, we can work toward building a better world rather than destroying other nations and our own through endless war.

A rational nation would see the history of overwhelming military failures over the last 70 years and conclude that war does not solve our issues; in fact it exacerbates them. A rational nation looking forward would not choose ever increasing militarism and never ending war when pandemics, climate change, and the threat of nuclear war endangers all of humanity.

This Veterans Day should be a resounding commitment to true national service, choosing peace, choosing our environment, choosing the best future for our grandkids.

John Miksad is Chapter Coordinator with World Beyond War and a new grandfather.

READERS FORUM

READERS FORUM

Parents, Guardians Of QPS Students Want Additional School Committee Members Involved In Salary Negotiations For School Employees

Dear School Committee Members:

As parents and guardians of students from across QPS, we are making a request for additional members of the school committee to be involved in the salary negotiations for our school employees. While the chair of the school committee is allowed, according to the School Committee Policy Manual, to be the sole negotiator, this arrangement has so far not resulted in a successful resolution and the rhetoric around negotiations has become counter-productive. We strongly feel that not only should other school committee members be involved in current negotiations, but the policy manual should reflect this for the future. As voters, parents and guardians, we chose the members of the school committee to make the best decisions on behalf of the city's students.

Educator salaries don't just reflect the way we value our teachers; they directly affect the education and well-being of our students. If our school employees feel unappreciated, morale will understandably plummet; from what we are hearing from educators and students, this is already happening in schools across Quincy. We risk losing our amazing team of educators as teachers look to higher-paying districts nearby. We're already dealing with a shortage of bus drivers and substitute teachers. If teachers start leaving, class sizes will increase, and the individual attention our teachers are able to give their students will not be possible. Without an appropriate contract, the Quincy School District will be scrambling. And who will suffer? The children of Quincy. Please remember, a fair contract for Quincy educators isn't just a line item on a budget, it's an investment in the future.

In the words of John Adams: "Facts are stubborn things." Indeed, they are. Based on public records, we know that educators in many surrounding communities have received raises for 2021, and the salary ranges for teachers in those communities are higher than in Quincy. The cost of living has risen over 4% in the past year, yet our educator salaries—and the salaries of other city employees—have not reflected this increase. With the rising cost of housing, healthcare, and other basic living expenses, educators and other city employees have essentially taken a pay cut the past year, during one of the most professionally and personally challenging years in recent memory. This is interesting, considering the federal government has allocated over \$88 million in new funding to Quincy to help our city and our schools weather the impacts of COVID-19. So far, the city and school employees who have worked to keep our city functioning through the pandemic have gotten 0% of that money for the 2020-2021 fiscal year, despite there being clear pathways to spend a portion of those dollars on wages for city workers.

School employees are currently working without a contract. Mayor Koch is the sole negotiator, and according to the QEA, he has not, despite what he claimed in the Oct. 13th school committee meeting, formally offered the teachers a 0/3 deal (a 0% raise for 2020-21, and 3% raise for 2021-22), as other city unions have received. In fact, he hasn't offered them anything.

We implore the mayor, the sole negotiator, to make an official, written offer to QEA. We also strongly suggest that another member or two of the school committee be present during these negotiations. We don't want to hear more about the "game" of negotiating, as it was referenced in the aforementioned meeting. We want action for our educators and students.

It's Not Attacking America To Bring Up Its Ugly Past And Demand A Better Future

"America has been under constant attack of late."

I have read those words, written by Sal Giarratani and published in your newspaper just days ago, several times and reflected on them since. I knew I could not let that statement—and comparable statements Mr. Giarratani and others have made in your newspaper over the last 18 months—go unchecked.

The events that played out at Quincy High School accentuate how wrong those statements are.

America has not been under attack by those seeking a reckoning with the country's racist past. In fact, the country has truly only been under attack once in the last 18 months, on January 6, when thousands of Trump supporters (even some from Quincy) gathered at the Capitol and staged an attempted coup based on The Big Lie, Trump's baseless claim that the election had been stolen from him. But I digress.

Once again, America has not been under attack from those seeking a reckoning with its racist past. Wanting to take a serious look at a country's dark past, even its dark

We appreciate your time in considering this letter,

Citywide PTO Executive Board

Kate Campbell
Parent/Guardian of a QPS student(s)
Co-President, Citywide PTO

Ashley Lynch-Mahoney
Parent/Guardian of a QPS student(s)
Co-President, Citywide PTO
Treasurer, Lincoln-Hancock PTC

Jennifer Torres
Parent/Guardian of a QPS student(s)
Vice President, Citywide PTO

Shivpreet Singh
Parent/Guardian of a QPS student(s)
Secretary, Citywide PTO

Sarah and Scott Alessandro
Parent/Guardian of a QPS student(s)

With support from:

Kristin Perry
Parent/Guardian of a QPS student(s)

Jennifer Risitano
Parent/Guardian of a QPS student(s)

David Shiga
Quincy Community Member

Tania Han
Parent/Guardian of a QPS student(s)

Maggi McKee
Quincy Community Member

Joanne Moriarty
Parent/Guardian of a QPS student(s)
Quincy Community Member

Susan Evans
Parent/Guardian of a QPS student(s)

Maren and Lars Heise
Parent/Guardian of a QPS student(s)

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Parent/Guardian of a QPS student(s)
Quincy Community Member
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PTO Communications Secretary, Bernazzani Elementary
Citywide PTO EDI Committee Member

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Parent/Guardian of a QPS student(s)
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Karen Chretien
Parent/Guardian of a QPS student(s)
Quincy Community Member

Gina Favata
Parent/Guardian of a QPS student(s)

Jonathan Hawes
Parent/Guardian of a QPS student(s)
Quincy Community Member

Truc Lai
Parent/Guardian of a QPS student(s)
PTO President, Parker Elementary School

Heather McDuffus
66 Greenleaf St Apt 11
Parent/Guardian of a QPS student(s)
EDI Subcommittee Chair

Liz Speakman
129 Merrymount Road
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Karen Lam
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Rishiraj Tandon
Parent/Guardian of a QPS student(s)

Eddie Torres
Parent/Guardian of a QPS student(s)

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Quincy Community Member
MTA Member

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Quincy Community Member

Sarah K. Belfort
Parent/Guardian of a QPS student(s)

Susan Bill
Parent/Guardian of a QPS student(s)

Paula Reynolds
Parent/Guardian of a QPS student(s)

Phoebe Chan
Parent/Guardian of a QPS student(s)

Marissa Monaco
21 Glendale Rd.

Jeremy Baryza
Parent/Guardian of a QPS student(s)
Quincy Community Member

Mr. Giarratani likes to talk about what America stands for, and seems to hate the idea that people might attack what America stands for.

But what does America stand for? Slavery? Segregation and Jim Crow? Forced relocation, some would say genocide even, of Native Americans? The internment of Americans of Japanese descent? Discrimination against immigrant groups, Chinese, Irish and Italian included? CIA-backed coups against democratically elected governments in Central and South America? The highest per capita incarceration rate in the world?

It's not attacking America to bring up its ugly past and demand a better future. If you think the only way to support a country is to wave a red, white and blue flag and watch the troops march by without questioning anything, I hear Moscow is beautiful.

No Justice, No Peace.

Hannah Kornak
Quincy

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Santa Claus Arriving By Helicopter This Year Not By Parachute But Still By Air; List Of Holiday Activities Page 43

By SCOTT JACKSON

Quincy will kick-off the holiday season later this month with a weekend of family friendly events that will make their return following a one-year break.

This year's events will look different, however, with Santa Claus landing in a helicopter at Pageant Field rather than parachuting down from an airplane.

The festivities begin on Friday, Nov. 26, with the tree-lighting ceremony on the Hancock-Adams Common from 5 to 7 p.m. The event will include strolling Victorian characters, street performers, costumed characters, and letter writing to Santa Claus. Hot chocolate and popcorn will be available for free.

Actress Liz Callaway will perform at 6:30 p.m. that evening followed by the tree lighting by Mayor Thomas Koch and a special guest. Callaway was nominated for a Tony Award in 1984 for her performance in the Broadway musical "Baby." She also performed the song "Journey to the Past" in the 1997 animated film "Anastasia." The song was nominated for the Academy Award for Best Original Song.

On Saturday, Nov. 27, Santa Claus and his elves will arrive at Pageant Field via helicopter at noon. Costumed characters will be on hand to entertain the crowd while they wait.

In years past, Santa Claus has arrived via parachute. Koch said the group that has parachuted in the past was unavailable to do so this year.

"The folks that were involved in the parachute just couldn't do it this year, so we decided to go in a different direction. The kids still get a thrill out of seeing Santa," Koch said.

"We can't top Santa coming out of a plane but coming in by helicopter is still kind of cool too."

Koch said Father Christmas' arrival via helicopter would be similar to his arrival via parachute.

"Much like they have the big ring for when Santa dropped out of the plane, it will be the same thing," the mayor said. "So people can encircle the area, the helicopter can come in, Santa will depart from the helicopter and greet the kids."

Santa Claus will likely continue to arrive at the annual event via helicopter in coming years, Koch added.

The weekend's events come to a conclusion with the 68th annual Quincy Christmas Parade. The parade steps off from the intersection of Hancock Street and Hannon Parkway at noon on Sunday, Nov. 28, and will make its way up Hancock Street to North Quincy High School.

The parade will feature bands, floats and costumed characters. The theme for this year's parade is "It's the Most Wonderful Time of the Year."

Free Parking Locations For Tree Lighting, Christmas Parade

The Christmas Festival Committee announces there will be two prime locations for free parking in Quincy Center at the Annual Tree Lighting Friday, Nov. 26th and the Christmas Parade Sunday, Nov. 28th.

There have been a number of changes in the roadways in Quincy Square since the last parade which may be new to parade spectators.

The free parking will be at the city's Ross Lot on the west side of Hancock Street and the Kilroy Garage on the east side of Hancock Street for both events.

Due to parade street closings the committee rec-

ommends entry to Kilroy Garage from Washington Street to Foster Street and enter from Cottage Avenue. This will be the best entrance from the easterly side of Quincy.

The recommended entrance to the Ross Lot is from Burgin Parkway to Granite Street then on to General McConville Drive. Bugin Parkway can also be used at Hannon Parkway then on to General McConville Drive. This will be the best entrance from the westerly side of Quincy.

The tree lighting will be from 5 to 7 p.m. and the parade will kick off at noon.



JAX, a German Shepherd who recently recovered from a prong collar injury, is now doing well and waiting for adoption at the Quincy Animal Shelter. *Courtesy Photos*



More Support Needed For Older, Physically Challenged 'Underdogs' At Quincy Animal Shelter

Although citywide efforts have been underway the past year to deal with complications COVID has posed to the community, ongoing fundraising shortfalls have caused the Quincy Animal Shelter (QAS) to struggle with ways to provide support to the unwanted and abandoned animals in their care.

QAS normally holds four to five annual fund-raising events but had to cancel all but one this past year. The last-to-adopt shelter "Underdogs" that are older and physically challenged chances for adoption are even more grim, putting more strain on the shelter.

Now, more than ever, funds are needed to help provide foster homes and vulnerable "Underdogs" with critical medicine and supplies. At the QAS, Mickey's Medical Fund bolsters resources to animals in need of extraordinary medical care and funding for lifesaving procedures.

"Jax, a beautiful German Shepherd recently came to us with a prong collar embedded in his skin. Due to financial donations that were made to Mickey's Medical Fund, we were able to take care of that for him and he is healing well and in a foster home while we try to find his "forever" home. Without

help from Mickey's Medical Fund and support from others like Quirk Works Subaru and the Subaru of America's Loves Pets program, we wouldn't be able to afford adoption efforts and treatment for these helpless animals", said Emily Duff a longtime shelter volunteer.

This past month, Subaru of America and local partner Quirk Works Subaru responded to these needs and donated \$3,100 in an adoption initiative that resulted in 31 animals getting adopted.

The QAS is asking the community for support. Online donations, contribu-

tions to the Mickey's Medical Fund, or purchasing Amazon Smile gift cards will help provide critical services for these animals in need. The QAS is asking residents to keep them in mind for their online shopping needs by simply visiting <https://smile.amazon.com/> and selecting the Quincy Animal Shelter as the supporting charity, which will provide a portion of all eligible purchases back to the shelter.

Donate now or learn how you can adopt an Underdog or cat by visiting Quincy Animal Shelter's website at: <https://www.quincyanimalshelter.org/get-involved/donate/>.

Aging Strong, Falls Prevention Zoom Program Nov. 23

The Thomas Crane Public Library invites the public to join Debbie Lyn Toomey, RN, coordinator of the Tufts Medical Center's Injury Prevention Program, live on Zoom or the library's YouTube Channel on Tuesday, Nov. 23 from 10 to 11 a.m. for a session of this continuing program, Aging Strong

and Falls Prevention.

This episode's guest will be Scherrie Keating, BSN, RN, owner of Diabetes Kare Consulting, LLC. The discussion will focus on prediabetes.

All are welcomed and encouraged to attend this multi-part program that teaches and empowers ag-

ing adults and their caretakers skills and ideas that decrease falls and increase independence. This evidence-informed program will discuss practical and proven exercises that promote health and well-being. The 60-minute program will be recorded for later viewing.

Join on Zoom (meeting ID 874 7134 0892). Using the free Zoom app is recommended. You can also call (646) 558-8656 and use the same meeting ID to listen to the audio. Watch live on the Crane Library youtube channel at <https://www.youtube.com/thomascranepubliclibrary>.

Quincy Point Congregational Church

It is Thanksgiving Sunday, Nov. 21 at Quincy Point Congregational Church, 444 Washington St.

Worship is at 10 a.m. Guest preacher will be Rev. Patty Kogut, Area Conference Minister, Southeast

Region of the Southern New England Conference of the United Church of Christ.

There is both live streamed and in-person worship the church. The live broadcast will have a feed to YouTube, Facebook

and Vimeo. Visit the church website at www.quincy-pointcong.org. After worship there will be refreshments in the downstairs Social Hall. While there, visit the Bib Blue Q table to check out what is happening at the church.

Save the following dates for St. Nicholas Festival Weekend Dec. 3-5. Dec. 3 from 6:30-9:30 p.m. will be a concert, followed by a fair preview. A bus will be

available from 1000 Southern Artery (times posted at Artery) The concert features the musical and instrumental talents of QPCC soloists, members of South Shore Piano School and students of South Shore Children's Chorus.

On Dec. 4 the fair will take place from 9 a.m. to 3 p.m. For previews of some of the fair items visit the church on Facebook or Instagram.

First Baptist Church

The First Baptist Church of Wollaston, 81 Prospect Ave., Quincy, is open for everyone. For those who have not fully vaccinated, continue to wear mask and safe distance. On-line worship will continue.

The online dial-in/Zoom weekly meeting schedule: (visit <http://firstbaptist-churchofwollaston.org/>)

• Sunday 9:30 a.m. Vietnamese Worship Service at Fellowship Hall:

Pastor Duc

• Sunday 10:30 a.m. English Worship Service - Interim Pastor Rev. Bill Swilling

• Thursday 6:30 p.m. Bible Class - Book of Revelation - Pastor Paul Lee

• Friday 11 a.m. Prayer Group Meeting

For inquiries call 617-472-0824 and ask for Le-wann Mina, church administrator.

Mite Box Thrift Shop Open Saturday

The Mite Box Thrift Shop at St. Chrysostom's Church, corner of Hancock Street and Linden Street, Quincy, will be open Saturday, Nov. 20 from 10 a.m. to 2 p.m.

The thrift shop is also open Thursdays and Fridays from 10 a.m. to 2 p.m. Shoppers are asked to wear a mask inside the thrift shop.

More Quincy news:

The Quincy Sun.com

AMERICA'S MOST
DIVERSITY

Marie & Suzie: More Thanksgiving Recipes

Readers: In last week's Sun we featured Thanksgiving food recipes courtesy of Marie D'Olimpio. This week we are sharing recipes from her daughter, Suzie Falco.

We want to thank both Marie and Suzie for all these delicious recipes that offer an array of sides and desserts for a scrumptious Thanksgiving Day dinner.

Gravy Made With KUDZU (KUZU) Root Starch

Kudzu is a healing starch that the Japanese use to chase away everything from the common cold to help heal upset stomachs and irritable bowel.

This plant grows wild in the mountains of Japan. Its vines wrap around trees and are so strong they normally end up pulling the trees down! A snow white starch is made from this root and has been used as a food and a medicine by the Japanese since ancient times. The Japanese even use it to help with stiff muscles and neuralgia.

You can use KUDZU root just as you would corn starch and arrowroot as a thickener. Always mix with cold water first to make a "slurry" to avoid lumps, just like you would with corn starch.

Here is a really good gravy recipe that I have adapted from ELENA'S PANTRY. Try the KUDZU instead of the usual flour or corn starch in making your gravy this year! You don't only have to have gravy on Thanksgiving. It is delicious all season long.

- 4 cups chicken or turkey stock
- 2 medium onions, chopped
- 2 cloves minced garlic
- pan drippings
- 1 tablespoon kudzu
- ½ teaspoon sea salt, ½ teaspoon pepper
- ½ teaspoon thyme and sage

Saute' onions with herbs and seasonings in butter until browned.

Add in garlic and cook a bit more.

Now add the stock and drippings and simmer about 20-30 minutes until onions are soft.

Use your hand held blender and blend until completely smooth.

Now add the kudzu(that you have mixed with ¼ cup cold water in small bowl) and combine until smooth to the hot gravy.

Reduce heat and simmer to reduce until desired thickness, usually about 10-20 minutes.

Add more salt if needed and serve.

If you want thicker gravy, you can add more Kudzu starch but this is usually sufficient.

WHAT'S COOKING

with

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Carb-Free Cauliflower Stuffing

- 4 tbsp. butter
- 1 onion, chopped
- 2 large carrots, peeled and chopped
- 2 celery stalks, chopped or thinly sliced
- 1 small head cauliflower, chopped
- 1 c. chopped mushrooms
- kosher salt
- Freshly ground black pepper
- 1/4 c. Freshly Chopped Parsley
- 2 tbsp. chopped fresh rosemary
- 1 tbsp. chopped fresh sage or 1 tsp. ground sage
- 1/2 c. vegetable or chicken broth

Directions

1. In a large skillet over medium heat, melt butter. Add onion, carrot, and celery and sauté until soft, 7 to 8 minutes.
2. Add cauliflower and mushrooms and season with salt and pepper. Cook until tender, 5 to 10 minutes more.
3. Add parsley, rosemary, and sage and stir until combined, then pour over vegetable broth and cover with a lid. Cover until totally tender and liquid is absorbed, 15 minutes.

Brown Rice Pumpkin Risotto

- 1 tablespoon extra-virgin olive oil
- 1 tablespoon pasture butter
- 4 cloves garlic, minced
- 2 shallots, minced
- 1 1/2 cups short grain brown rice (I use Lundbergs)
- 1/2 cup dry white wine (or white grape juice with a splash of lemon)
- 2 1/2 cups chicken broth
- 1/4 teaspoon nutmeg, ¼ teaspoon cinnamon
- 1 3/4 cups pureed cooked pumpkin, or
- 1 15-ounce can canned pumpkin
- Sea salt and pepper to taste
- 1 tablespoon chopped fresh sage leaves, plus whole leaves for garnish
- ½ cup Pecorino Romano cheese

1. Heat oil and butter in a large saucepan over medium heat. Add garlic and shallot and cook, stirring often until softened, 1 to 3 minutes. Stir in rice and cook, stirring until the rice grains start to get translucent in spots, about 2 minutes.

2. Stir in wine and cook, stirring often until the wine has mostly evaporated, 2 to 3 minutes. Stir in broth, salt and pepper, increase heat to high and bring to a boil, stirring occasionally. Cover, reduce heat to low and simmer undisturbed until most of the liquid has been absorbed, 30 to 35 minutes.

3. Stir in pumpkin, sage, nutmeg and cinnamon, return to a simmer, and cook, stirring often until the mixture is thickened and the rice is tender, 10 to 15 minutes. Remove from heat, stir Romano cheese, cover and let sit 5 minutes off the heat to thicken further. Serve sprinkled with more cheese, if desired and garnish with sage leaves.

Mashed 'Extra' Sweet Potatoes

Why wait for Thanksgiving to enjoy sweet potatoes?

This healthy version of your favorite November treat can satisfy you and your family year round. Rich in fiber, Vitamin A, B vitamins and minerals, sweet potatoes can be a high fiber side dish or meal.

I even bake sweet potato "rings" by slicing them (well scrubbed skin ON) and baking on a cookie sheet lined with parchment paper, brushed with olive or coconut oil, and seasoned with sea salt.

I eat this with my eggs for breakfast instead of bread! But this recipe is sweet and creamy, and a wholesome addition to your meals. I add maple syrup as well because it contains some minerals and B Vitamins that you might want right now.

Ginger and cinnamon are anti-inflammatory spices, a great way to stay healthy as the months get colder. Coconut milk makes this dish taste incredibly delicious and is far easier to digest than cows milk. (I use Native Forest canned organic coconut milk and make sure I always have it in my cupboard.)

Ingredients:

- 3 medium organic sweet potatoes
- 3/4 cup coconut milk
- 1 tablespoon Kerrygold Butter
- 2 teaspoons fresh ginger-minced or buy the already minced kind in a jar from the GINGER PEOPLE (easy and great quality)
- 1 teaspoon sea salt (I like Redmonds Real Salt)
- 1 teaspoon cinnamon
- 1 tablespoon organic maple syrup

Preparation

- 1) Pre-heat oven to 425 degrees. Place clean sweet potatoes in oven and bake for 45 minutes.
- 2) Remove potatoes from oven when soft enough to be pierced with a fork, and allow to cool.
- 3) Peel potatoes (skin should come off quite easily), and place in large bowl, discard skins.
- 4) Mash thoroughly with masher
- 5) Add all remaining ingredient and blend to desired consistency.

Chocolate Chip Pumpkin Bars

I hope no one is tired of pumpkin! These pumpkin bars are super easy and really good.

Did you know that pure maple syrup contains loads of important nutrition? Regular table sugar has absolutely no benefits whatsoever. Maple syrup, however, (the darker color the better!) contains zinc, manganese, antioxidants, anti inflammatory properties, as well as it is lower on the glycemic index.

Staying away from sweeteners in general is always best, but when you are adding something like this that provides nutrition, and is far better than using regular sugar or artificial sweeteners.

CHOCOLATE CHIP PUMPKIN BARS

- 1/2 cup pureed pumpkin
- 1/2 cup maple syrup (the real kind)
- 2 large eggs
- 1 cup blanched almond flour (not almond meal) I use HONEYVILLE brand and purchase on line, it is the lightest, fluffiest, and best all around.
- ¼ teaspoon sea salt
- ½ teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1/2 cup chocolate chips (I use Lilys brand) OR 1/2 cup dried cranberries (then they will be called cranberry pumpkin bars!)

Simply whisk WELL the wet ingredients in bowl. Now add the dry ingredients and mix well. Fold in chips or cranberries. Put in 8 by 8 baking pan that has been greased. Bake at 350 until done, about 25 minutes or so but check. This time varies. It may be only 20 minutes.

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Happy Birthday Jason & Lucas <i>Love you both, Nana</i> Martha, our dear, you will always be our inspiration and in our hearts forever. Love Mama, Daddy, Gus and Penny	13 FT. KAYAK Sit on top. Well maintained. \$50 617-943-3795	Barbie Doll Collection OF MANY VINTAGE ITEMS: some dolls ~ clothing ~ dresses Items from 70s-80s-90s Call 857-312-7098	PERSONAL THE MIRACLE PRAYER Dear Heart of Jesus, in the past, I have asked for many favors. This time, I ask you this very special favor (mention favor). Take it dear Heart of Jesus, and place it within your own broken heart where your father sees it. Then in his merciful eyes it will become your favor, not mine. Amen. Say this prayer for 3 days, promise publication and favor will be granted, no matter how impossible. Never known to fail. E.K.	HELP WANTED Asian Community Development Corporation (ACDC) is hiring for a Development & Communications Associate. To Learn more and apply, visit www.asiancdc.org/careers	REPORT POTHOLE Potholes are a year-round problem and should be reported to the Quincy Department of Public Works. 617-376-1914

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OBITUARIES

Stephen R. Little, 67

A funeral service for Stephen R. Little, 67, of Weymouth, formerly of Quincy, was held Nov. 12 in Quincy United Methodist Church.

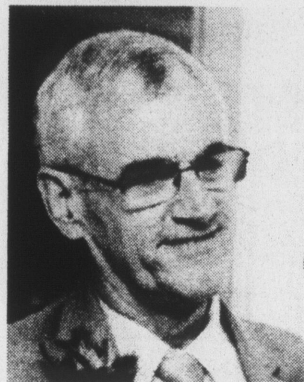
Mr. Little died Nov. 5.

He was born in Quincy in 1954, the son of Robert T. and Kathleen M. (Prout) Little. Mr. Little grew up in the Wollaston section of Quincy and graduated from North Quincy High School in 1972. He spent summers with his grandparents at the family summer home "The Farm" in Milton, N.H.

Mr. Little was a house painter by trade and started his own business, S. R. Little Painting Co. He was an avid Red Sox and Patriots fan and never missed a game.

Mr. Little loved more than anything to spend time at "The Farm" with his family, especially his eight grandchildren. His family brought him so much joy, including looking forward to soon welcoming his first great-grandchild.

Beloved husband of Deborah A. (Woods) Little. Devoted father of John and KerriAnn Little of Middleborough, Jason and Lynne Little of Hanover, Stephen Little II of Providence RI, Ryan and Theresa Little of Abington, Michael Little and Katherine Dobi of Low-



STEPHEN R. LITTLE

ell, and Korey Ann Little of Weymouth. Adoring Papa to Ayla Little and Cole Merlo, Ava, Melody, Ashley, Kaitlyn, Brock, Madison, and Amelia. Loving brother of Scott and Susan Little of Idaho, Joanne Topkins of Milton, Susan Little and Nick Tangney of Quincy, Jacqueline and Thomas Quinn of Scituate, James Little of West Roxbury, Christopher and Maureen Little of Milton. Mr. Little is also survived by many in-laws, nieces, nephews, cousins, and friends. He was preceded in death by his parents and daughter Kayla F. Little.

Memorial donations may be made to the Huntington's Disease Society of America.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

Diane M. Nicolar, 79

Diane M. (Mosher) Nicolar, age 79, of Quincy, died peacefully Nov. 6.

She was born in Worcester, to the late Roy and Evelyn (Benson) Mosher. Mrs. Nicolar was raised and educated in Weymouth. She had lived in Quincy for the past thirty-five years, previously in Weymouth.

She worked as a bartender at various restaurants and establishments. Diane also worked for a short time as a monitor for Parks Trans in Stoughton.

Mrs. Nicolar enjoyed crocheting, especially afghans, for which she was well-known. She also enjoyed playing bingo and was an avid sports fan, especially baseball and football.

Beloved companion of the late James D. Graham. Devoted mother of Eric J. Whitaker of Quincy and the late Danny Lee Nicolar. Loving grandmother of Eric, Joshua,



DIANE M. NICOLAR

Ethan, Annabelle, and Talina. She is also survived by James' children, James Graham and Scott Graham, both of Weymouth.

At the request of the family, funeral services are private.

Memorial donations may be made to Vietnam Veterans of America, 8719 Colesville Rd., Suite 100, Silver Spring, MD 20910 or vva.org.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy.

Muriel Forbush, 83

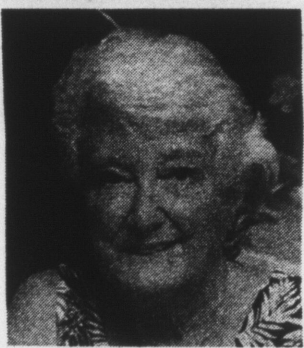
A funeral for Muriel (Hutton) (Peterson) Forbush, 83, of Quincy and formerly of Port Glasgow, Scotland, was held Nov. 12 at Quincy Point Congregational Church.

Mrs. Forbush died peacefully at home on Nov. 5 surrounded by the love, comfort and care of her three daughters.

She was one of three siblings born to the late William R. and Mary (Waddell) Hutton both of Scotland.

Born and raised in Port Glasgow, Scotland, she attended and graduated from Greenock Academy in 1956 before moving to the United States in 1960 in response to a newspaper ad in Glasgow from a family looking for a governess in Boston. She then became a U.S. citizen in 1970. It was here that she attended Newbury College, earning an Associate's degree in business in 1984. Mrs. Forbush worked as the director of food services at Thomas B. Pollard Elementary School. After receiving her degree, she went on to do finance and accounting at Vazza Associates and Bay State Community Services. In addition, she was head teller at Quincy Savings Bank.

Mrs. Forbush was a 60 year, active member and former treasurer for 33 years of Quincy Point Congregational Church. She was the past chief daughter of the Daughters of Scotia and current member. Mrs. Forbush always enjoyed knitting, traveling, and reading in her free time. She was a longtime volunteer with South Shore Elder Services assisting seniors in need of bookkeeping



MURIEL FORBUSH

services as well as a tireless volunteer knitting hats and prayer shawls for patients at Dana Farber Cancer Institute.

Loving mother of Heidi Faris and husband Keith Faris of Missouri, Aileen Stewart and partner Russell Tyo of New Hampshire, and Heather Galvin and husband Daniel Galvin of Georgia. She is survived by her brother Stewart Hutton and his husband Stewart Glover of England. She is predeceased by her late husband William Forbush and brother Alexander Hutton. Cherished grandmother of Sky Faris, Alison Mowles, Amy Galvin, Andrew Croasdale, Esq., and Ross Croasdale, MD, and great-grandmother to Braydon Mowles. She was eagerly anticipating the birth of her second great-grandchild due in May.

Interment at Knollwood Memorial Park, Canton.

Memorial donations may be made to the Jimmy Fund at Dana Farber Cancer Institute, P.O. Box 849168, Boston, MA 02284 or the Norwell VNA and Hospice, 120 Longwater Dr., Norwell, MA 02061.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

June E. Paul, 88

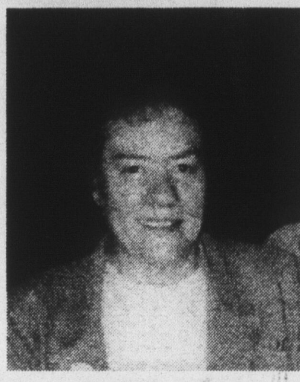
A funeral for June Elizabeth Paul, 88, of North Quincy, was held Nov. 13 at Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

Mrs. Paul died peacefully Nov. 4 at South Shore Hospital following a sudden illness.

She was the third of four daughters born to the late Perry H. and Anne (Novack) Merrill.

Born and raised in Vermont, she attended the University of Vermont before moving as a young woman to Massachusetts. It was here that she accepted a position with Carney Hospital as a phlebotomist in the blood lab. She soon met and married the love of her life, Donald J. Paul, and the couple eventually settled in North Quincy to raise their family.

Mrs. Paul was a longtime, active member and deaconess at Houghs Neck Congregational Church. She enjoyed rooting for all New England sports teams,



JUNE E. PAUL

having been a season ticket holder at one time or another of all of the professional sports teams in New England.

Loving mother of Mark D. Paul, Sr. of Quincy and Matthew Paul, FF, Boston Fire Dept., of Dorchester. Dear sister of Betty Otis of Vermont. Cherished grandmother of Mark Paul Jr., Mikayla Paul, and Ethan, Alex, and Jacob German-Paul. Great-grandmother of Anna Paul.

Private interment.

Memorial donations may be made to the Alzheimer's Association, 309 Waverley Oaks Rd, Waltham, MA 02452.

Helen T. Mulhern, 96

Helen T. Mulhern, 96, of Quincy, died peacefully Nov. 7 at Hancock Park Nursing and Rehabilitation in Quincy.

Born in Boston on Nov. 6, 1925, she was raised in Hyde Park and was the daughter of the late William F. and Susan (Cremin) Mulhern. She attended local schools and graduated from Hyde Park High School with the Class of 1943.

Ms. Mulhern was an administrator with Commonwealth of Massachusetts DET. She enjoyed her career and the relationships she built throughout the years.

Ms. Mulhern was a strong, independent, and caring person. She would do anything for the people in her life. In her spare time, Ms. Mulhern enjoyed knitting, reading, watching CNN, and keeping up with her favorite sports team, the Boston Red Sox.

She was the loving aunt of Edmund Andresen, Jr. and his wife Ellen of Maine,



HELEN T. MULHERN

Jean Hartley and her husband William of Duxbury, and Karen Limont and her husband Eric of Marshfield. She was preceded in death by her siblings: Marion Andresen and William Mulhern, Jr. Ms. Mulhern is also survived by many loving great nieces and great nephews.

Ms. Mulhern's funeral services and interment will be held privately.

Memorial donations may be made to the charitable organization of one's choice.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun. Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.



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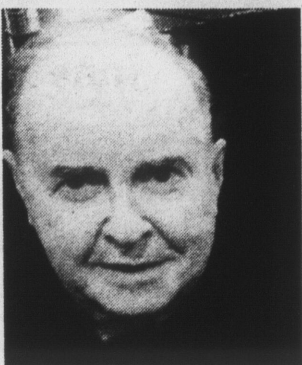
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Francis C. Concannon, 87

A funeral Mass for Francis C. "Frank" Concannon, 87, of Quincy will be celebrated Friday at 11 a.m. in St. Ann's Church, Quincy.

Mr. Concannon died on Nov. 10.

The son of the late John and Margaret (Sullivan) Concannon. Beloved husband of the late Margaret Concannon. Loving father of John Concannon of Weymouth, Michael Concannon and his wife Joanne of Weymouth, Denise Cobb and her husband Brian of Centerville, and Paul Smallcomb and spouse Nick Dragna of San Francisco. Proud grandfather of Michael William and Joseph Francis Concannon of Weymouth, Allison Friedman and husband Zackary Friedman of Water-



FRANCIS C. CONCANNON

town, and Margaret Cobb of Quincy. Great-grandfather of Brian Friedman of Wiertown. Brother of Gerald Concannon and wife Carol of Hyannis, and Jean Hurwitz and husband Neal of Wallingford, CT. Uncle of Kate Hurwitz, Raymond Concannon and Owen Concannon.

Mr. Concannon loved

spending time with his family and working with his friends at Shriner's Hospital for Children. He had a strong passion for music and enjoyed traveling to Chicago to attend blues festivals. Mr. Concannon was also a proud Korean War veteran United States Air Force.

Visiting hours are 8:30 to 10:30 a.m. Friday in Keohane Funeral Home, 785 Hancock St., Quincy. A celebration of life service will be held there at 10:15 a.m. Friday.

Interment at St. Joseph's Cemetery, West Roxbury.

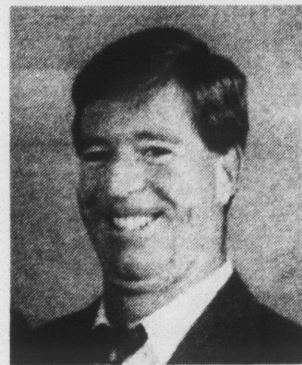
Memorial donations may be made to Shriners Hospital for Children at donate.lovetotherescue.org and/or the VA hospital at boston.va.gov.

Joseph T. Joyce, Jr., 66

A funeral Mass for Joseph T. "Joe" Joyce, Jr., 66, of Quincy, will be celebrated Thursday at 10:30 a.m. in St. Ann's Church, Quincy.

Mr. Joyce died Nov. 8 at home surrounded by his family after a courageous battle with cancer.

The beloved husband of 42 years to Jacqueline (White) Joyce of Quincy. Loving father of Samuel J. Joyce and his fiancée Danielle Manning of Quincy. Son of the late Joseph T. Joyce, Sr. and Patricia (McCaffrey) Joyce. Brother of Brenda Sprague and her



JOSEPH T. JOYCE, JR.

husband Patrick of Quincy and Mark Joyce and his wife Patricia of Stoughton. Longtime friend of Thomas Jablonski of Weymouth. He is also survived by many nieces and nephews.

Mr. Joyce worked as a telecommunications technician for many years. He was an avid skier and golfer and spent some time on the PGA circuit.

Visiting hours were 4 to 8 p.m. Wednesday in Keohane Funeral Home, 785 Hancock St., Quincy.

A celebration of life service will be held in the funeral home at 9:45 a.m. on Thursday.

Memorial donations may be made to VNA Hospice and Palliative Care, 199 Rosewood Dr., Suite 180, Danvers, MA 01923.

A. Jocelyn Johnston, 89

A funeral Mass for A. Jocelyn (Matheson) Johnston of Wollaston was celebrated Wednesday at Divine Mercy Parish in St. Ann's Church, Quincy.

Mrs. Johnston died peacefully at her home on Nov. 6. She was 89, exactly one month away from her 90th birthday.

Born in Boston on Dec. 6, 1931, she was the daughter of the late William Kenneth and Katherine Frances (Igoe) Matheson. She attended local schools and graduated from Revere High School with the Class of 1949. She spent childhood weekends on her Dad's beloved sailboat, the Westwind, which informed her abiding love of the ocean.

Family was the central concern of Mrs. Johnston's life. She was devoted to her seven children, and took special pleasure in being a Nana to her grandchildren and great-grandchildren.

Mrs. Johnston was an avid reader, reading one, sometimes two, books a day. She was thoughtful, informed and a font of knowledge on many topics, sometimes surprising in her retention of everything from world history to Justin Bieber.



A. JOCELYN JOHNSTON

Mrs. Johnston had a great sense of humor and didn't take herself too seriously. She amused her children and grandchildren in numerous ways, including sharing her blunt, sometimes scorching opinions, even when not asked, and with her fiery relationship to all things technology-related (she was often heard screeching at her Alexa or directing one of her grandchildren to search for something "on their letterbox", also known as a laptop computer).

Mrs. Johnston's great spirit and vitality are part of her legacy that continue through her family. She will be missed by all the lives she touched.

She was the beloved wife of the late Thomas F. Johnston, who she met on Craigville Beach, Cape Cod

and married on Oct. 27, 1956. They were together until his death in 1990. She was the devoted mother of Lynne Johnston of Quincy, Jeanne Johnston of Weymouth, Tom Johnston of Boston, Janet Johnston and her partner Carl Cyr of Weymouth, Ken Johnston of Boston, Julie Hart and her husband Stephen of Quincy, and Jennifer Johnston and her husband Brandon Casci of Somerville. She was the loving grandmother of 13 and the loving great-grandmother of 11. She was the dear sister of Peggy Saquet of Ipswich, Kathy Boffoli and her late husband Jake of Wellfleet, and the late William Matheson. Jocelyn is also survived by many loving nieces, nephews, extended family, and friends.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to the American Lung Assoc. in MA, 1661 Worcester Rd., Suite 301, Framingham, MA 01701 or to St. Joseph's Indian School, P.O. Box #326, Chamberlain, SD 57326.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Angelina F. Ryan, 93

A funeral Mass for Angelina F. (Calabro) Ryan, age 93, a lifelong resident of Quincy, was celebrated Monday in at Divine Mercy Parish at St. Mary's Church, Quincy.

Mrs. Ryan died peacefully Nov. 10 at Queen Anne Nursing Home in Hingham, surrounded by her loving family.

Born in Quincy, to the late Joseph and Elizabeth (Celata) Calabro, she was raised and educated there.

Mrs. Ryan was primarily a homemaker but had also worked as a cashier at the former Linda May Bakery Corp. on Southern Artery in Quincy.

She was a devout Catholic and a longtime active parishioner of Saint Mary's Church in West Quincy.

She enjoyed playing bingo. Most of all, Mrs. Ryan was devoted to her family, especially her children and grandchildren. She was a fun-loving grandmother and great-grandmother, and enjoyed playing ball with the



ANGELINA F. RYAN

kids and even teaching them how to drive.

Beloved wife of the late Richard F. "Berger" Ryan, Jr. Devoted mother of Patricia A. Faiella and her husband Rudolph "Rudy" of East Weymouth, Michael J. Ryan and his wife Deborah of Plymouth, Richard F. Ryan III and his wife Theresa of Quincy, and Edward P. Ryan and his wife Mary of Hanover.

Loving grandmother of Louis and Michael Faiella, Stacey Ryan Keefe and Kelley Lucero, Richard and Nicholas Ryan, Daniel, Matthew, and John Ryan. Cher-

ished great-grandmother of Ryan and Jonathan Faiella, Caitlyn and Michael Faiella, Ella Marie Ryan, Maxx and Mia Lucero.

Dear sister of Frances Bullock of Weymouth, Robert Calabro and his wife Judith of Whitman, Lorraine Roberts of Braintree, and predeceased by Anthony Calabro, Marie Walsh, Samuel Calabro, Joseph Calabro, Elizabeth "Lil" Iacobacci, John Calabro, Michael Calabro, Ann Calabro, Stephen Calabro, and Richard "Dickie" Calabro. Mrs. Ryan is also survived by many nieces and nephews, great nieces and great nephews.

Interment at Saint Mary's Cemetery.

Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

More Obituaries
online at
www.TheQuincySun.com



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LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. NO21P2801EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Vincent Paul Zagami
Also known as:
Vincent P. Zagami
Date of Death:
09/30/2021

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Joseph L. Zagami of Quincy, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Joseph L. Zagami of Quincy, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 12/08/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: November 5, 2021
COLLEEN M. BRIERLEY
Register of Probate

11/18/21

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. NO21P2470EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Dennis Cardarelli
Date of Death:
08/22/2021

To all interested persons:
A Petition for Formal Appointment of Personal Representative has been filed by Andrew Cardarelli of Carver, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Andrew Cardarelli of Carver, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 12/15/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

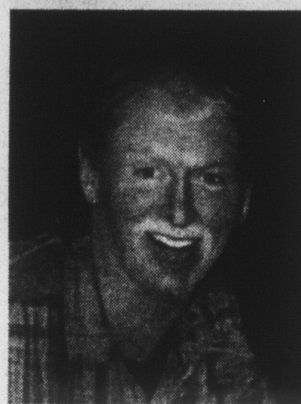
WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: November 10, 2021
COLLEEN M. BRIERLEY
Register of Probate

11/18/21

OBITUARIES

Kevin T. O'Malley, 74



KEVIN T. O'MALLEY

Also survived by many loving nieces, nephews, ex-

A funeral service for Kevin T. O'Malley, 74, of Quincy, was held Tuesday in Keohane Funeral Home, 785 Hancock St., Quincy.

Mr. O'Malley died peacefully at home on Nov. 8.

Born in Everett on Feb. 13, 1947, he was the son of the late John E. and Mary T. (Warren) O'Malley. Beloved husband of Barbara DePesa of Quincy. The two married on June 25, 1978, in St. Paul's Church, Hingham.

Together they shared 43 loving years of marriage.

Loving brother of Neal O'Malley and his wife Nancy of Illinois, Dennis O'Malley and his wife Bernadette of Winchester, Nancy Morrissey and her late husband Jack of Virginia, Maureen O'Malley and her husband Gerard Allen of Marshfield, Brenda Ruth-erford and her husband Jim of Framingham, and Janet O'Malley and her husband Mansoor Ghori of Texas.

tended family, and friends.

Late US Navy veteran of the Vietnam War. Retired photographer for Metropolitan District Commission.

Interment at St. Paul's Cemetery, Hingham.

Memorial donations may be made to Dana Farber-Brigham and Women's Cancer Center at South Shore Hospital, 101 Columbian St., S. Weymouth, MA 02190 or to the South Shore VNA, 55 Fogg Rd., S. Weymouth, MA 02190.

Barbara A. Keyes, 87



BARBARA A. KEYES

Funeral services for Barbara A. (Schlegel) Keyes, age 87, a longtime resident of Brockton, were held Wednesday in the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Mrs. Keyes died peacefully Sunday at Rose Court Continuing Care at Linden Ponds, in the comfort of her loving family.

She was born in Quincy, to the late Norman and Eva (Donavan) Schlegel. Raised in Quincy, Mrs. Keyes was a graduate of North Quincy High School, Class of 1952. She lived in Brockton for thirty years.

Mrs. Keyes was employed as a clerical worker for Matthews International Corporation in Braintree for twenty-five years and had been retired for many years.

She enjoyed traveling, bowling, and playing cribbage. Mrs. Keyes also took great pride in cooking and enjoyed entertaining family and friends.

Beloved wife of the late David Keyes. Devoted mother of Curt W. Hathaway and his wife Terry of Summerville, S.C., Lois A. Pawlowski and her husband Walter of Wake Forest, N.C., and Keith A. Hathaway and his wife Laura of Middleboro. Loving grandmother of Kaleigh and Kelsey, Paul and Allaina, Christian, Shane, and Devon. Cherished great-grandmother of Julian, Welden and Brady. Dear sister of Henry Schlegel of Fla. and the late Nor-

man A. Schlegel, Jr. Former wife of the late Chester L. Hathaway. Mrs. Keyes is also survived by one niece and one nephew.

Interment at Mount Wollaston Cemetery, Quincy.

Memorial donations may be made to the Linden Ponds Legacy Giving Tree, c/o Mairi Bleakie, 300 Linden Ponds Way, Hingham, MA 02043.

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. NO21P2478EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Elizabeth W. O'Connell
Also known as:
Mary Elizabeth O'Connell,
Elizabeth Wisner
O'Connell
Date of Death:
June 15, 2021

To all persons interested in the above captioned estate, by Petition of:

Petitioner Diarmuid B. O'Connell of Aspen, CO

Petitioner Joseph F. O'Connell III of Boston, MA a Will has been admitted to informal probate.

Diarmuid B. O'Connell of Aspen, CO and

Joseph F. O'Connell III of Boston, MA have been informally appointed as the Personal Representatives of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representatives under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representatives and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioners.

11/18/21

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. NO21P2358EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Marion G. Batas
Date of Death:
July 7, 2021

To all persons interested in the above captioned estate, by Petition of:

Petitioner Matthew W. Perkins of Quincy, MA

a Will has been admitted to informal probate.

Matthew W. Perkins of Quincy, MA and

Anne Haigh of Quincy, MA have been informally appointed as the Personal Representatives of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representatives under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representatives and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioners.

11/18/21

PUBLIC NOTICE

CITY OF QUINCY

BOARD OF LICENSE COMMISSIONERS

Notice is hereby given under Chapter 138 of the Massachusetts General Laws that an application has been received from Ena's Bar & Lounge for a transfer of the All-Alcoholic Beverages Restaurant License currently held by Pizza and Pretzels Corp (doing business as Maggy's Lounge), 607-609 Washington Street. Proposed manager Jennifer Nguyen. The premises is a single-story bar and restaurant with entertainment that's comprised of approximately 3,500 sq. ft., including approximately 1,500 sq. ft. of outdoor patio space. A hearing will be conducted at 4 p.m. on Tuesday, December 7, 2021 using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: December 7, 2021 License Board Hearing
Time: December 7, 2021 04:00 PM Eastern Time (US and Canada)

Join Zoom Meeting
<https://quincycollge.zoom.us/j/2309068852>
Meeting ID: 230 906 8852

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+13017158592,,2309068852# US (Washington DC)
Dial by your location
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+1 301 715 8592 US (Washington DC)
Meeting ID: 230 906 8852

Find your local number: <https://quincycollge.zoom.us/j/kDypqzfg>

Nicole L. Crispo
Chair

11/18/21

PLEASE RECYCLE



THIS NEWSPAPER

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High Schoolers Walk Out To Protest Hate Speech

Cont'd From Page 2

school and do not return, they will be held responsible for assignments not completed during the class periods they do not attend."

"It is critically important that we as a community are unified in our effort to use our educational resources to end racism," the superintendent added. "This must be a collaborative approach and making sure that our students attend and remain in school is an important part of this collaboration."

"We ask that you encourage your students to seek out trusted adults at school (for example, teachers, guidance staff, deans, coaches, or administrators) to share their experiences and concerns."

In response to the incident at Quincy High School, the district held a virtual forum for parents and guardians the afternoon of Nov. 12 and an in-person forum was held Monday evening at the school. Both those forums were scheduled prior to the

walkout on Nov. 12.

Also over the weekend, Point Webster Middle School Principal Christine Barrett said she was notified on Nov. 12 about a video recording involving three eighth grade students "that contained racist language directed at specific students at Point Webster Middle School."

"The video has been shared within the school community and is very disturbing to all of us," Barrett wrote in an open letter. "The student who was recorded using the targeted racist language is subject to serious disciplinary consequences for their actions."

Barrett said some students at Point Webster had been planning a walk out of their own for Monday but said students would not be allowed to leave the building because of their age.

"Given the age of our students, I am concerned about student safety. Therefore, students will not be

permitted to leave the building," Barrett wrote.

"Please be advised that we will offer students a safe space within their classrooms to have the opportunity to share their concerns and let their voices be heard by teachers, administrators, and student support staff."

In addition to last week's incidents, Mulvey and the high school principals on Nov. 5 reported "alarming incidents involving North Quincy and Quincy High School student misconduct, specifically video and audio files containing sexual harassment and hate speech that was shared on social media under the guise of athletic rivalry."

Mulvey and the principals said such behavior would not be tolerated.

"This misconduct is extremely disturbing to the targeted adults and students and the entire Quincy Public Schools community," they wrote in a Nov. 5 open letter. "There is an investigation underway and this offensive and dangerous behavior will not be tolerated and the students involved will be held accountable and appropriately disciplined."

"It is a major concern for all of us that these media files reflect popular culture but the students involved lack the maturity and understanding of their impact on the school community of creating and sharing such content."

LEGAL NOTICE

CITY OF QUINCY IN COUNCIL

ORDER NO. 2021-110

ORDERED:

November 15, 2021

BE IT ORDAINED, by the City Council of the City of Quincy, that the Quincy Municipal Code is hereby amended as follows:

In Chapter 325. Vehicles and Traffic. Article III Signs, Signals and Markers

Section 325.47 Stop Signs Locations

Install the following

Street	Intersecting with	Type of Regulation
Malvern Street	Babcock Street	4 Way Stop Sign

A TRUE COPY.
ATTEST: Nicole L. Crispo
Clerk of Council

11/18/21

LEGAL NOTICE

CITY OF QUINCY IN COUNCIL

ORDER NO. 2021-111

ORDERED:

November 15, 2021

BE IT ORDAINED, by the City Council of the City of Quincy, that the Quincy Municipal Code is hereby amended as follows:

In Chapter 325. Vehicles and Traffic. Article V - Stopping Standing and Parking

Section 325-73 Parking-Prohibited and Restricted Locations

Add the following

Street	From	To	Type of Regulation
Burns Avenue South and West Side	Charlesmount Avenue	Quincy Avenue	No Parking Anytime

A TRUE COPY.
ATTEST: Nicole L. Crispo
Clerk of Council

11/18/21

LEGAL NOTICE

CITY OF QUINCY IN COUNCIL

ORDER NO. 2021-112

ORDERED:

November 15, 2021

BE IT ORDAINED, by the City Council of the City of Quincy, that the Quincy Municipal Code is hereby amended as follows:

In Chapter 325. Vehicles and Traffic. Article III Signs, Signals and Markers

Section 325.47 Stop Signs Locations

Install the following

Street	Intersecting with	Type of Regulation
Holbrook Road Westbound	Amesbury Street	Stop Sign

A TRUE COPY.
ATTEST: Nicole L. Crispo
Clerk of Council

11/18/21

LEGAL NOTICE

CITY OF QUINCY IN COUNCIL

ORDER NO. 2021-113

ORDERED:

November 15, 2021

BE IT ORDAINED, by the City Council of the City of Quincy, that the Quincy Municipal Code is hereby amended as follows:

In Chapter 325. Vehicles and Traffic. Article III Signs, Signals and Markers

Section 325.47 Stop Signs Locations

Install the following

Street	Intersecting with	Type of Regulation
Verchild Street	Bennington Street	4-Way Stop Sign

A TRUE COPY.
ATTEST: Nicole L. Crispo
Clerk of Council

11/18/21

MBTA Virtual Meeting Nov. 18 On Quincy Bus Maintenance Facility Project

The MBTA will host a virtual meeting Thursday, Nov. 18, from 5:30 to 7 p.m. to present an update for the Quincy Bus Maintenance Facility Project.

At this meeting, MBTA project staff will provide design updates, discuss the upcoming demolition of the existing building and construction of the public shared-use path, review the project timeline, and facilitate a Q&A period to address community concerns.

Construction of the new Quincy Bus Maintenance Facility is part of the MBTA's Bus Modernization Program. The new facility will accommodate battery-electric buses and allow for more potential service in the future.

The meeting will be held virtually via Zoom. Members of the public can register for the meeting online. The meeting will be recorded and posted online for those who cannot attend.

This meeting is accessible to people with disabilities. The MBTA provides reasonable accommodations and/or language assistance free of charge upon request, including but not limited to interpreters in American Sign Language (ASL) and languages other than English, open or closed captioning for videos, assistive listening devices, and alternate material formats, such as audio tapes, braille, and large print, as available.

For accommodation or language assistance, contact

Lydia Rivera at 617-851-1095, or email QuincyBus@mbta.com. Requests should be made as early as possible prior to the meeting.

LEGAL NOTICE

DIVORCE SUMMONS BY PUBLICATION AND MAILING

Docket No. NO19D0984DR

Commonwealth of
Massachusetts
The Trial Court

Probate and Family Court

Norfolk Probate
and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Kevin Wilbur vs.
Maria M. Wilbur

To the Defendant:

The Plaintiff has filed a Complaint for Divorce requesting that the Court. The Complaint is on file at the Court.

An Automatic Restraining Order has been entered in this matter preventing you from taking any action which would negatively impact the current financial status of either party. **SEE Supplemental Probate Court Rule 411.**

You are hereby summoned and required to serve upon: **Kevin Wilbur, 95 Fayette St., Apt. B, Quincy, MA 02170** your answer, if any, on or before **02/09/2022**. If you fail to do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer, if any, in the office of the Register of this Court.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: November 10, 2021
COLLEEN M. BRIERLEY
Register of Probate

11/18/21

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. NO21P2569EA

Commonwealth of

Massachusetts

The Trial Court

Probate and Family Court

Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:

Daniel James Kane

Date of Death:

July 22, 2021

To all persons interested in the above captioned estate, by Petition of:

Petitioner **Thomas Kane** of **South Boston, MA**

a Will has been admitted to informal probate.

Thomas Kane of South Boston, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

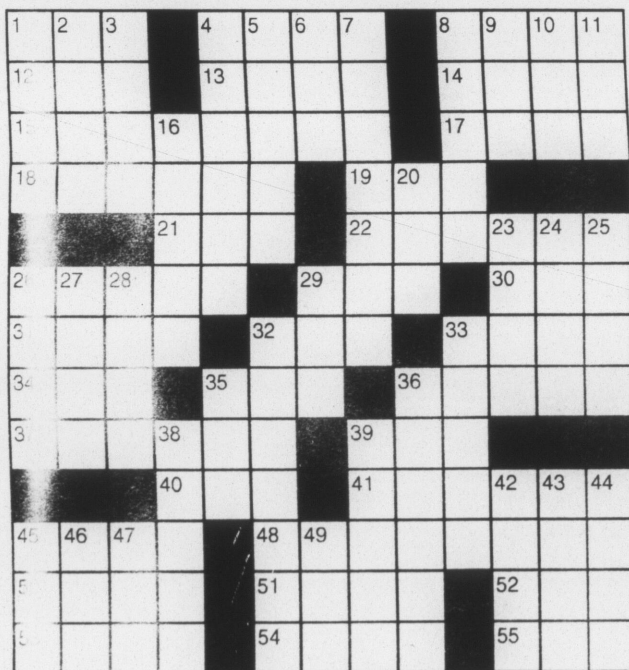
11/18/21

SUN FUN PAGES

King Crossword

ACROSS

- 1 Up to
4 Platter
8 Scoop holder
12 Olympics chant
13 Sicilian resort
14 Dryer fuzz
15 Sandal type
17 Pub potables
18 Computer whiz
19 Dog tags, e.g.
21 PC key
22 Excellent
26 Expire
29 Present location?
30 Med. plan option
31 Perry's creator
32 — Aviv
33 Hotel worker
34 From — Z
35 "Science Guy" Bill
36 Segments
37 Kanye West's music
39 Moonshine
40 Japanese sash
- 41 Narcotic
45 Volition
48 Sound of hoofbeats
50 Tom Joad, for one
51 First-rate
52 Onassis nickname
53 Marries
54 A deadly sin
55 Moment
- 23 "— she blows!"
24 Skip
25 Spacecraft compartments
26 Wife of Jacob
27 Intro studio class
28 Fall into a soft chair
29 Spelldown
32 Not out of the ordinary
33 Wizardry
35 San Francisco's — Hill
36 Thing on a string
38 Bagel features
39 Unites
42 Regrettably
43 Rent
44 Grand tale
45 Dazzle
46 White House nickname
47 Cover
49 Baseball's Gehrig
- DOWN
1 Clump of grass
2 Capri, e.g.
3 Secular
4 Sully
5 Cove
6 — -Cat
7 Domed building in Washington D.C.
8 Purse fastener
9 Tin Man's need
10 SSW opposite
11 UFO crew vessel
16 Stage
20 Ten, in Dijon



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MAGIC MAZE • TOUGH —

H D A X U R P M J G D A X V
Q N C K I F D A X V T Q O M
H F U C A Y W R U K R P G N
L J H S F D B E M I R C N O Z
X V T R Q H O L L M I U K I
H F R O W T O H O E D D B L Z
Y W C M A V T S V D I T R Q O
R B S U E L K K T I H
O W D L O M D C O A Z
A N S A W T I V P O U
O N M K I I T S H C

words in the maze run in all four directions: horizontally, vertically, and diagonally. The words are: FEELING, AFFECTION, SLEDDING, SPOT, TIMES, ROW TO HOE.

- A Cookie
A Customer
B It out
C Loss
D Sledding
E Spot
F Times
G Row to hoe

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Flower is reversed. 2. Glasses are removed. 3. Collar is missing. 4. Hair is different. 5. Children are holding hands. 6. Socks are shorter.

Trivia test

1. MEASUREMENTS: How many dry quarts are in a peck?
2. GEOGRAPHY: What's the name of the island where the Statue of Liberty stands?
3. MUSIC: Which composer is known as "The Waltz King"?
4. GEOMETRY: What is a three-sided polygon called?
5. ASTRONOMY: What is it called when three celestial bodies are arranged in a straight line?
6. TELEVISION: How many Huxtable children were in the long-running "The Cosby Show"?
7. MOVIES: What's the name of the town in the

"Halloween" horror movie series?

8. SCIENCE: What does the acronym FM stand for?
9. LITERATURE: Which famous novel begins with the line, "Happy families are all alike; every unhappy family is unhappy in its own way"?
10. GENERAL KNOWLEDGE: What color is alabaster?

Answers

1. Eight
2. Liberty Island
3. Johann Strauss II
4. A triangle
5. Syzygy
6. Five
7. Haddonfield, Illinois
8. Frequency modulation
9. "Anna Karenina"
10. White

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Wishing Well®

8	7	2	4	8	4	7	8	2	3	8	3	6
A	H	F	B	N	E	O	E	O	K	V	E	C
4	5	3	7	6	2	7	8	4	2	4	8	7
D	E	E	R	H	C	I	E	I	U	S	N	Z
2	6	7	4	6	3	2	8	3	4	3	4	5
S	E	O	C	C	P	E	T	C	I	H	P	X
4	5	3	7	6	4	6	4	8	7	8	5	7
L	P	I	N	K	I	E	N	F	S	U	C	E
5	8	4	8	7	8	4	5	3	6	5	7	5
T	L	E	D	X	A	D	S	N	I	U	P	R
3	7	8	7	3	7	6	5	2	2	2	7	7
U	A	Y	N	D	T	F	E	E	E	E	E	E
2	7	2	5	5	6	2	6	2	8	8	8	8
R	D	G	S	W	E	I	E	O	S	E	E	E

THIS IS A PLEASANT LITTLE GAME that will give you a sage every day. It's a numerical puzzle designed to tell your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper-left-hand corner and check one of your key numbers, left or right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) This is a good time to let that intrepid Aries temperament take charge. Your strong leadership will help settle those still-unresolved situations. Support comes from a surprising source.

TAURUS (April 20 to May 20) Your problem-solving talents shine as you move to cool down heated emotions. You also inspire trust in all parties when you act with careful consideration of their feelings.

GEMINI (May 21 to June 20) That long-delayed commitment begins to look better to you. But there's still a crucial fact or two you need to know about it. A health problem needs to be taken care of.

CANCER (June 21 to July 22) Don't waste time trying to learn why someone you relied on is wavering in his or her support of your stand on a workplace issue. Move on with the help of more steadfast allies.

LEO (July 23 to August 22) Relationships enter a brighter period, both at home and in the workplace. Prospects also look good for single Leos and Leonas, who can expect a welcome visit from Cupid.

VIRGO (August 23 to September 22) Those mixed signals that were complicating your life are giving way now to clear, definitive guidelines. This makes it easier for you to weigh your options and make decisions.

LIBRA (September 23 to October 22) Ask your partner for an explanation of what seems to be a sign of strain in your relationship. The sooner you

understand the problem, the sooner you can both act to resolve it.

SCORPIO (October 23 to November 21) A new challenge in the workplace holds an exciting promise for the future. But be aware of the fact that you haven't been told about all the demands you might have to meet.

SAGITTARIUS (November 22 to December 21) Your financial picture brightens as you get into sorting out realistic goals and those that are not reachable at this time. "Caution" remains your fiscal watchword.

CAPRICORN (December 22 to January 19) You're deep into your new project, and that's just fine. But don't neglect your family and friends. Spending time with people you care for is always a wise investment.

AQUARIUS (January 20 to February 18) Past feelings are suddenly reawakened. This could make you emotionally vulnerable. Be careful about decisions you might be asked to make at this time.

PISCES (February 19 to March 20) You've come to a place where you'll be facing important decisions that can affect your future. Rely on your strong moral compass to guide you toward making the right choices.

BORN THIS WEEK: You're gifted with both natural wisdom and wit — a good combination for success as a writer or teacher and, most importantly, a parent.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: R equals K

LDDLHIEQPV M'J PNNRMES LQ
NEPV NEI AMZX ZGMJJMES ME
OXLQ DNEK. MQ'Z QGN ZMKIZ NA
QXI ZLJI RNM.

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King Crossword

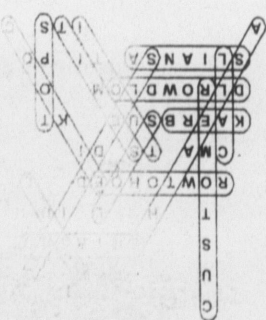
Answers

Solution time: 26 mins.



CryptoQuip answer

Magic Maze ANSWERS:



Apparently I'm looking at that pond. It's two sides of the same coin.

N
O
V

1
8

2
0
2
1

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD – “The Theory of Everything” Oscar-winner Eddie Redmayne has completed “Fantastic Beasts: The Secrets of Dumbledore,” with Mads Mikkelsen and Jude Law, due April 15. He’s currently shooting Netflix’s “The Good Nurse,” with Jessica Chastain, about a caregiver tied to the deaths of hundreds of patients. Redmayne next will hit London’s theater district as “The Emcee” in “Cabaret.” His casting set off a storm of protests because a heterosexual man will be playing a traditionally gay role. The original master of ceremonies on Broadway and in the 1972 film was Joel Grey (married to Jo Wilder from 1958 to 1982, they had two children, including “Dirty Dancing” star Jennifer Grey). But at the time of Broadway’s “Cabaret,” he wasn’t officially “out” as a gay man. The character of The Emcee, while flamboyant, only appears in musical numbers, including “Two Ladies (And I’m The Only Man),” with no back story about being gay. So why the fuss about Redmayne as The Emcee? Among straight actors who’ve won Oscars for “playing gay” are Tom Hanks (“Philadelphia”), Hilary Swank (“Boys Don’t Cry”), Charlize Theron (“Monster”), Philip Seymour Hoffman (“Capote”) and Sean Penn (“Milk”). Many of these films would never have been made or been successful without the special talents of these artists. Eddie Redmayne playing The Emcee in “Cabaret” will bring in a huge audience who’ll flock to see his interpretation of the role. There will be many people who otherwise would never have been exposed to the horrors that existed in Nazi Germany at the core and message of “Cabaret.”

Michael Caine announced he’d retire after his last film, “Best Sellers” (released Sept. 17). For decades, British actors have announced their retirements when there weren’t any work offers, then when offers came, they conveniently came out of retirement. After two Oscars and 136 films, Michael Caine is NOT retiring. He got what he wanted ... offers of work. In 1984, I was hired by disaster film producer Irwin Allen (“Poseidon Adventure,” “The Towering Inferno”) to photograph (for him) a Dean Martin-style roast with some of the greatest comics: Milton Berle, Bob Newhart, Red Buttons, George Burns, Danny Thomas, Rowan & Martin, Steve Allen and Sid Caesar. They all roasted Caine, giving him tips on how to be funny prior to filming “Blame It on Rio.” It turned out to be a disaster movie, and not by Irwin Allen. The critics called the film “anything but funny” and it bombed. I remember a highlight of the night was Oscar-winner Red Buttons side-splitting classic routine about “famous people who never got a dinner”: “Nero fiddled while Rome burned, and HE never got a dinner.” They all toasted Caine by saying, “Now YOU know what it’s all about, Alfie!” But obviously, he didn’t!

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	-		x		9		
÷		-		-			
	x		-		6		
+		x		x			
	x		-		5		
9		4		6			
1	2	3	4	6	7	8	9

DIFFICULTY: ★★★
★ Moderate ★★ Difficult
★★★ GO FIGURE!

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Suffolk Pig Bottle — Figural bottles were often used to package medicines as well as alcoholic beverages in the 19th and early 20th centuries. A cabin-shaped bottle with the embossed name “E.G. Booz Whiskey” led customers to use the word booze for drink, a term still in use. But how did a pig-shaped bottle become one of the most popular bottles to encourage buyers of medicine?

There are early 1800s pig-shaped bottles made of both glass and ceramics. The tail is the spout, and the bottle was displayed on its four short legs. Suffolk Bitters, a medicine with a high percentage of alcohol, used the bottle about 1870. If you drank a lot, it made you happier and pain-free like any alcoholic beverage. Bitters were considered a medicinal drink, not alcohol. The original amber Suffolk pig bottle had its name in raised letters on one side with “Philbrook & Tucker, Boston” on the other. There have been reproductions made in other colors and similar pigs with other names. At a Glass Works Auction online there were 14 bids before the new owner paid \$1,170. But why pigs for a product that doesn’t contain any parts of a pig? It is probably to encourage sales because there was a belief in the 1870-1890s that pigs bring prosperity and the drink in a pig bottle would bring wealth.

Q: My mother says her bracelet is made of bake-alite. What is that?

A: Bakelite is a plastic developed in the early 1900s. It was used for jewelry by the 1930s by major designers. The art deco jewelry became very popular. Bakelite was needed for the war in the 1940s, so the jewelry wasn’t made

for about five years. About 1997, the deco jewelry was rediscovered by collectors, and books were published with information and color pictures that made prices skyrocket. Bracelets with inset dots were selling for \$300 to \$1,000. Small pins were \$75 to \$300, and carved bracelets were about \$500.

There is a good supply of plastic jewelry now that those who bought in the 1990s are older and “decluttering.” A recent Morphy’s auction sold about 600 pieces for a total of \$43,000 (yes, I counted the pieces), with an average price of \$70.

CURRENT PRICES

Movie, poster, Papillon, Steve McQueen & Dustin Hoffman portraits, The Greatest Adventure of Escape is Back, dated 1976, 41 x 27 inches, \$85.

Cut glass, vase, Propeller pattern, Marshall Field, oval, step cut neck with horizontal ribs, double notched angular handles, 9 3/4 x 7 inches, \$460.

Purse, handbag, Alma, Louis Vuitton, monogrammed coated canvas, tan Vachetta leather handles & base, gold tone hardware, 14 inches wide, \$675.

Beatles, bicycle seat, Yellow Submarine, steel frame, vinyl covering with groovy submarine & waves image, Huffy, 1968, 9 x 9 inches, \$1,500.

TIP: The best way to dust books is with a vacuum cleaner brush attachment, while running the vacuum.

“Kovels’ Antiques & Collectibles Price Guide” — the new 2022 edition — is now available in bookstores and online.

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Strange BUT TRUE

• “Scotch” used to be a synonym for “thrifty” or “frugal.” When cellophane tape was first invented, it was marketed during the Great Depression as “Scotch tape” since it could extend the life of objects and save you money.

• A grizzly bear has enough bite strength to crush a bowling ball.

• There is a psychological state called “helper’s high” in which the act of giving produces endorphins in the brain that provide a mild version of a morphine high.

• Table tennis balls can travel off the paddle at a speed of 105.6 mph.

• From 1932 to 1967, there was a casino called the “Bullpen” in a stone building on the grounds of the Nevada State prison in Carson City, where inmates could play blackjack, craps, poker and bet on sports.

• When Frito-Lay introduced a compostable bag for its Sun Chips brand in 2010, consumers noticed that its crinkling and crackling was

significantly louder than previous bags — testing, in fact, at 95 decibels, which is about as loud as a motorcycle! It was discontinued in 2011.

• Scientists estimate that the average person is more than five times as likely to die in a hypothetical human species extinction event as in a car crash.

• A man sued Warner Bros. — and won — after he was injured while fainting during a 1974 screening of “The Exorcist.”

• The 700-year-old Starkenberg brewery in Tarrenz, Austria, has seven swimming pools filled with beer. The brewery, which is housed in an ancient castle, converted the old vats in the fermentation room to pools.

• A 19th-century costume designer invented the horned Viking helmet.

• In 1994, Chicago artist Dwight Kalb made a statue of singer Madonna from 180 pounds of ham.

• Chocolate milk was originally sold as medicine.

Thought for the Day: “A well-educated mind will always have more questions than answers.” — *Helen Keller*
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Now here’s a tip!

by Jo Ann Derson

• Thanksgiving Tip: “Let one person be responsible for putting prep dishes, pots and pans in the dishwasher while another prepares the bird and side dishes for the table. You will be halfway done with dishes by the time the meal is over.” — *M.A. in Washington*

• “Bake stuffing in muffin tins for individual servings. Also, if your family is anything like mine, we love the crispy parts, and everyone will get some this way!” — *W.G. in Mississippi*

• “If you host a large family holiday gathering and serve a lot of side dishes, try this trick to them hot while waiting for other items to finish in the oven. Simply cover the bottom of a clean ice chest with a few trivets or a couple kitchen towels, and set casseroles and oven-cooked meats inside. Most people use a cooler to keep things cold, but the insulation works just as well to

keep hot things hot...at least for a little while.” — *M.E. in West Virginia*

• “An oldie but a goodie, and certainly considerate of dear old Mom: In my family, you come to Thanksgiving dinner with your own plastic containers for leftovers. If you don’t bring your own, you don’t go home with tomorrow’s lunch. Mom instituted this rule after the first Thanksgiving when all the kids had moved out. We practically cleaned her out of Tupperware!” — *E.Y. in New Mexico*

• Recipe substitution: If you need 1 teaspoon of pumpkin pie spice, use 1/2 teaspoon cinnamon, 1/4 teaspoon ginger, 1/8 teaspoon nutmeg and 1/8 teaspoon ground cloves.

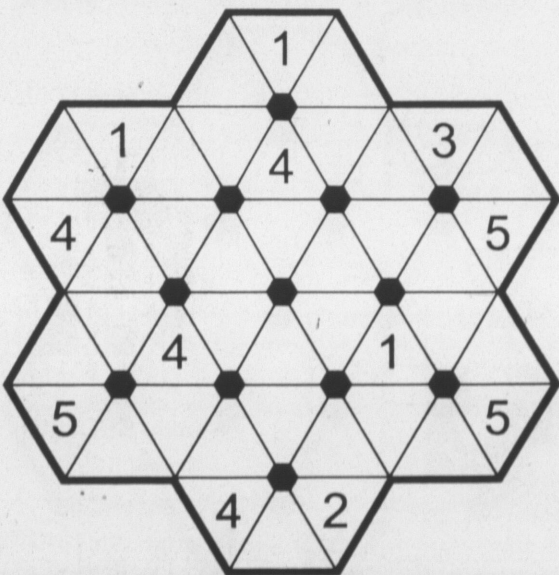
Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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STICKELERS (sic)

by Terry Stickels

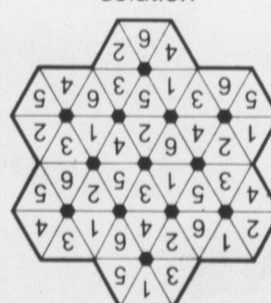
In what field would you find the following terms?

- 1) spline
- 2) kite
- 3) catenary
- 4) stochastic
- 5) rejection region

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SNOWFLAKES

solution



Go Figure!

answers

6	4	6
5	2	1
x	x	+
9	6	3
-	-	÷
6	6	x
7	-	8

Stickelers Answer

The answer is mathematics.

Super Crossword

ON THE
BUTTON

ACROSS

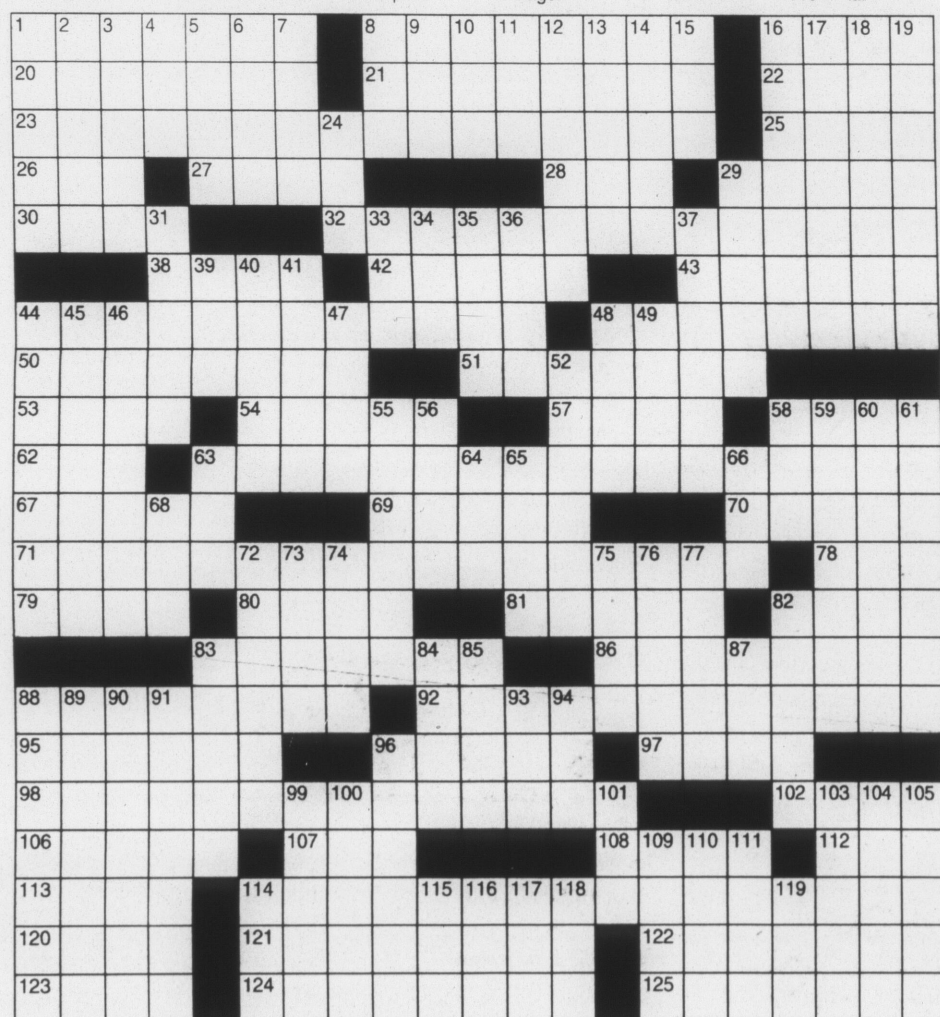
- 1 Whiteboard
wipers
8 Ballpark
figure
16 Ballpark
figure
20 "Working
Girl" actress
Griffith
21 Device
guiding a
train off its
track to avoid
a collision
22 Wed. follower
23 Functional
again after an
outage
25 Gas: Prefix
26 "Do Ya" rock
gp.
27 Salty Greek
cheese
28 Figure skater
Midori —
29 "The
Pleasure —
Company"
(Fred Astaire
film)
30 Musical key
with two
sharps: Abbr.
32 Brief
hesitation
to let words
hang in the
air
38 Napoleon
exile site

- 42 Milan locale
43 Designer
McCartney
44 Symbol used
twice after
"http."
48 Guys who
read gas or
water gauges
50 Open space
51 Dwayne who
played Dobie
Gillis
53 Apt to snoop
54 Really mean
57 Rat —
(knock noise)
58 Certain choir
voice
62 Summer hrs.
63 Phenomenon
in hypnosis
67 Inedible kind
of orange
69 Christmas
seasons
70 Whac —
(carnival
game)
71 Emily
Dickinson
poem with
the line
"Meek my
Vive le roi!"
78 Greek letters
before xis
79 Henchman of
Captain Hook
80 Eerie sign
81 Get 40 winks

- 82 "New Jack
City" actor
83 Actor Gavin
86 Birds of
a given
region
88 Eyelash
cosmetics
92 Periodical
datum
indicating
years
95 Dog collar
jinglers
96 Duelist Burr
97 Radiation
units
98 Guernsey's
archipelago
102 Intl. oil group
106 Queen, in
Madrid
107 Counterparts
of egos
108 Skating leap
112 Pep rally cry
113 Writer Sarah
— Jewett
114 Device on
which you
might see the
first words
of seven
answers in
this puzzle
120 Molson, e.g.
121 Government
bureaus
122 Deny
123 Little
whirlpool

- 124 Put limits on
125 Possibilities
DOWN
1 Plant firmly
2 Ruler's land
3 Tinfoil maker
4 Cinch —
(Hefty brand)
5 Sufficient, in
dialect
6 In season
7 Bench, e.g.
8 Actor Byrnes
9 Sun. homily
10 Mr. Capote,
to his friends
11 Bond creator
Fleming
12 Make smaller
13 Samuel of
justice
14 Certain choir
voice
15 Unit of work
16 Newspaper
employee
17 A ship's
steerer has
control of it
18 Ear or heart
part
19 Isolde's love
24 Get 40 winks
29 Repeatedly
31 Sabbath
observers,
collectively
33 Feel crummy
34 Actress
Hagen

- 35 Kimono tie
36 K thru 12
37 Lordly home
39 Cato's lang.
40 Singer Mars
41 End in —
(finish even)
44 Groups of
devotees
45 Arboreal
marsupial
46 Paraphrase
47 Zaire's
Mobutu —
Seko
48 Business
school subj.
49 Zine online
52 Resulting in
something
55 "Here, have a
sample"
56 "In — face!"
58 \$ dispenser
59 Little big cat
60 Part of TNT
61 Bad rating,
perhaps
63 Furry friend
64 Mel's Diner
waitress
65 D.C. VIPs
66 — Diego
68 "Fancy that!"
72 Laryngitic
73 Urban rec
facility
74 Toon frames
75 Sports group
76 "When will —
learn?!"
77 Think aloud
82 "You are not!"
rebuttal
83 Carta lead-in
84 Roundish
85 Nick Jr. girl
87 "Fee, fi, fo,
—!"
88 Bacterium,
e.g.
89 Stuck
90 Soiled
91 Certain food
factory
93 Actor
Chaney
94 German
conjunction
96 Green-light
99 Loyal
subject
100 Just kills time
101 — mo
103 Utah city
104 Use as a
surface for a
meal
105 Munches on
109 Reverse
110 Journey
111 Gusto
114 Pothole-filling
stuff
115 Outdated
RCA product
116 Sundial's "3"
117 Brief
moment
118 Suffix with
hobby
119 — tai

celebrity
extra

by Dana Jackson

Q: Is the drama "All Rise"
ever coming back? — J.T.

A: CBS announced this past summer that it would not be renewing the legal drama "All Rise" for a third season. Greg Spottiswood, who created and ran the show, was fired by Warner Bros. following allegations of misconduct and racial insensitivity in the writers' room. Even though a successor was named toward the end of season two, CBS chose not to renew the show. The good news is that OWN (Oprah Winfrey Network) has resurrected it! Star Simone Missick and most of the original cast will return for a 20-episode third season some time in 2022. It doesn't appear that Marg Helgenberger will return as Judge Brenner because she was cast in the NBC drama "Getaway" after "All Rise" was originally canceled. In addition to airing on the OWN channel, episodes will be available to stream via Hulu and HBO Max.

Q: I recently saw supermodel Niki Taylor on a cosmetics commercial. She was always my favorite. What has she been doing in recent years, and how old is she now? — B.B.

A: Niki Taylor was born in Fort Lauderdale, Florida, in 1975, and signed a contract with Cover Girl cosmetics when she was 18. She went on to model for Liz Claiborne, Versace, Anne Klein and Gap. In the past two decades, she's co-hosted "Make Me a Supermodel," with Tyson Beckford, was a competitor on "Celebrity Apprentice," and appeared on several talk shows. In April, the 46-year-old Taylor signed on with Cover Girl again, the first time with them since her contract ended in 2000. Sadly, Taylor suffered two major tragedies during the height of her fame. In 2001, she was in a terrible car accident in Atlanta, sustaining severe internal injuries and flatlining twice. Just six years earlier, Niki lost her younger sister, 17-year-old model Krissy Taylor, to a rare heart condition.



Simone Missick

Photo Credit:
Wikimedia Commons

Q: I keep hearing about a show called "Succession." What is it about? Is there much language or violence? — E.K.

A: "Succession" is a satirical HBO series about a dysfunctional family that owns one of the world's largest media conglomerates. Scottish actor Brian Cox ("Deadwood") plays the family patriarch, whose four adult children compete for control of the family's empire. It stars recent "Saturday Night Live" host Kieran Culkin, Jeremy

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|--------------------|---------|---------------------|---------|
| 1. Subject matter | — E — | Aromatic herb | — Y — |
| 2. Round map | — B — | Catcher's mitt | — V — |
| 3. Bird sanctuary | — V — | Beehive setting | — P — |
| 4. Pungent bulb | — N — | Night sky hunter | — R — |
| 5. Cook slowly | — I — | Warmest season | — U — |
| 6. Former planet | — U — | Student of Socrates | — A — |
| 7. Silent | — E — | Bed covering | — L — |
| 8. Re-heated | — M — | Misshapen | — P — |
| 9. Wolverine's kin | — D — | Supermarket worker | — G — |
| 10. Severe | H — — — | Swamp | M — — — |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

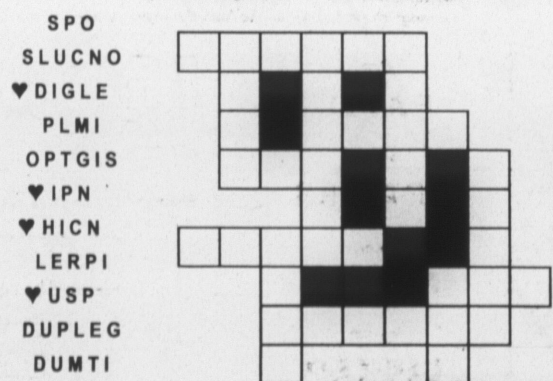
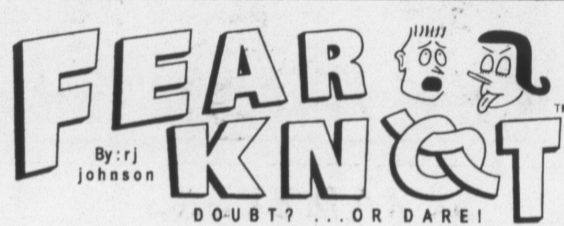
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Super Crossword

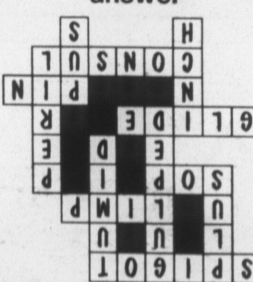
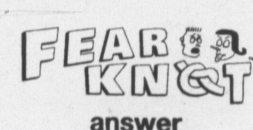
Answers

Even Exchange
answers

- | | |
|------------------|-------------------|
| 1. Theme, Thyme | 5. Summer, Summer |
| 2. Globe, Glove | 4. Onion, Onion |
| 3. Avary, Aplyry | 3. Avary, Aplyry |
| 7. Quiet, Quilt | 8. Warmed, Warped |
| 6. Pluto, Plato | 9. Badger, Bagger |
| | 10. Harsh, Marsh |



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU

Answer

N
O
V1
82
0
2
1

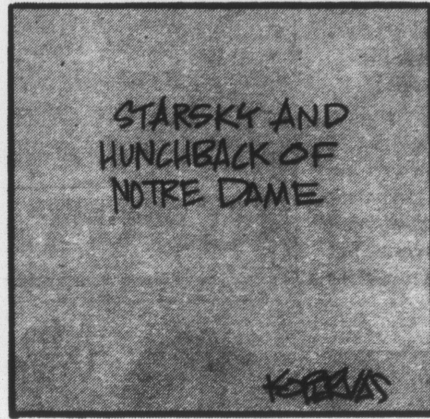
Amber Waves



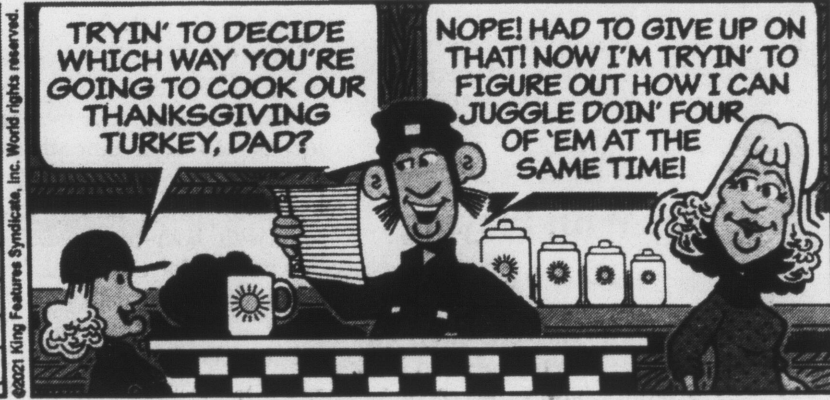
Out on a Limb



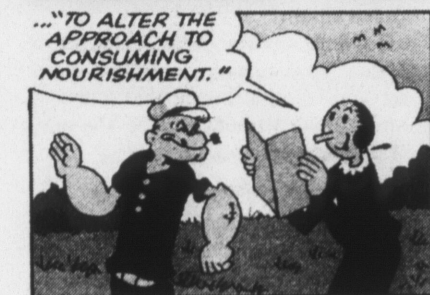
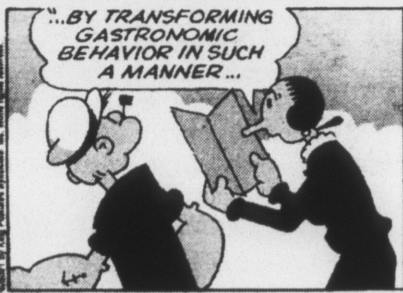
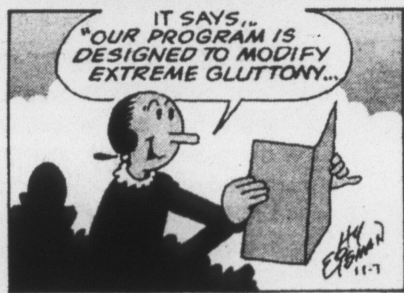
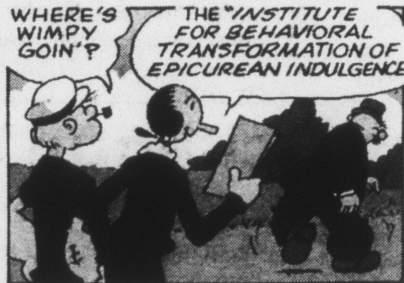
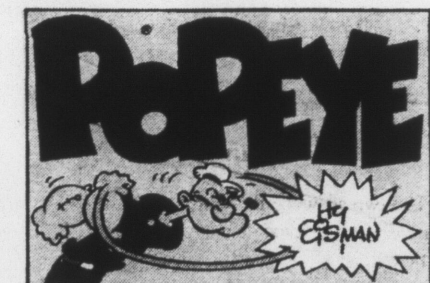
by Gary Kopervas



R.F.D.



by Mike Marland



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Deal
RATED _____

Bonus
DRAWER _____

Keep
NEARIT _____

Ignite
LINKED _____

TODAY'S WORD

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

2	6	4	5	3	5
2	3	4	4	6	5
6	6	1	2	2	5
1	4	2	1	5	6
5	2	3	6	1	1
4	6	3	2	1	1

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New Dog Has Appetite for Doggie Door Flap

DEAR PAWS CORNER: Help! Our recently adopted dog "Mollie," a medium-sized mixed breed, thinks the doggie door flap leading outside to the backyard is delicious. Rather than using it to go in and out, she grabs the edge, chews and tugs on it. She growls when she does this. And she insists that we open the back door for her to go out. How do we fix this? — Mary T., San Antonio

DEAR MARY: You'll need to address this in two steps. First, you need to figure out if Mollie is chewing due to boredom or attention-seeking, or if she has separation anxiety due to trauma in her past. If she's only chewing on the door flap and nothing else in the house, maybe there's an old memory surfacing. Second, you'll need to repair or replace the damaged flap and train Mollie to go in and out of it confidently.

Here are a few methods:

- Divert and distract: As soon as Mollie starts trying to chew the door, call her name to stop her and then distract her away from the door with something else that interests her, like a favorite toy or a treat.
- Behavior training at the same time each day: Note when Mollie is most likely to start chewing on the door. Then, conduct 10 minutes of behavior training in basic commands.
- Train Mollie to use the flap correctly: Once she's responding well to basic commands, add "going thru the flap" to her training. The AKC has a great tutorial here: www.akc.org/expert-advice/training/dog-not-using-dog-door/ and this trainer's video shows the clicker-treat method: www.youtube.com/watch?v=R_k4_UHDeA

If these methods don't work, consider a professional trainer to help identify and work through Mollie's fears or bad habits.

Send your tips, comments or questions to ask@pawscorner.com.

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TOP TEN VIDEO, DVD for release week of November 15, 2021

Video On Demand

- Old (PG-13) Gael García Bernal
- Stillwater (R) Matt Damon
- Free Guy (PG-13) Ryan Reynolds
- Don't Breathe* (R) Stephen Lang
- The Protege (R) Maggie Q
- Old Henry (NR) Tim Blake Nelson
- Hocus Pocus* (PG) Bette Midler
- Black Widow (PG-13) Scarlett Johansson
- PAW Patrol: The Movie (G) animated

- F9: The Fast Saga (PG-13) Vin Diesel

*Re-release

DVD, Blu-ray Sales

- The Suicide Squad (R) Warner
- Free Guy (PG-13) Disney/20th Century
- Snake Eyes: G.I. Joe Origins (PG-13) Paramount
- Don't Breathe 2 (R) Sony Pictures
- Hocus Pocus* (PG) Disney
- F9: The Fast Saga (PG-13) Universal
- Old (PG-13) Universal
- Injustice (R) Warner
- Stillwater (R) Universal
- The Nightmare Before Christmas* (PG) Disney

*Re-release

Source: Comscore/Media Play News

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Hitori answer

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

TRADED
Today's Word
3. Retain; 4. Kindle
1. Trade 2. Reward;
solution
SCRAMBLERS

MORE FUN

COUCH THEATER

BY RACHEL ROSE

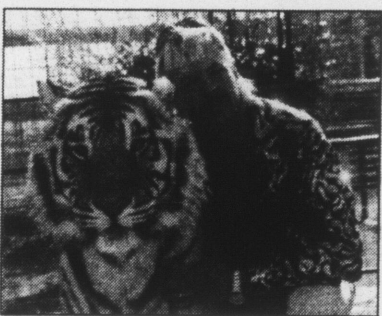
What Happened, Brittany Murphy? — When actress Brittany Murphy died suddenly in 2009 at age 32, celebrity watchers cast a collective suspicious eye toward the situation. Murphy's shocking physical and personality changes after marrying failed director Simon Monjack were just part of her decline. This two-part documentary pieces together police reports, official autopsies, amateur true-crime vlogs and interviews with industry insiders close to Murphy, including actor Kathy Najimy and director Amy Heckerling. Theories of brainwashing, abuse and intentional poisoning are addressed, but the most shocking interview is with Monjack's former girlfriend. Since Monjack also died only a few months after Murphy — in eerily similar fashion — the truth may never be found. (HBOMax)

Brian Wilson: Long Promised Road — Arguably one of the great musical geniuses of modern American music, Brian Wilson also has always been an enigma. Volumes have been written about the Beach Boys founder over the decades, and his unique vision and talent for composing music remain wholly unmatched. Rolling Stone editor Jason Fine spent hours driving Wilson around Los Angeles, visiting locales from the Beach Boys' past and unlocking memories. Musicians past and present weigh in on Wilson's influence, and as a spectacular bonus, a new original song debuts. (In theaters Nov. 19/on demand Nov. 23)

Tiger King 2 — Remember back when we were all hiding out at home avoiding the pandemic, and the one thing that bonded us was binge watching a reality series about a low-rent tiger zoo? Hold on to your beer, it's back for a second round. Though the show's star is now incarcerated, Joe

Exotic's input is still included via collect calls from prison. Interviews with the rest of the unusual folks who staffed the Greater Wynnewood Exotic Animal Park in Oklahoma update us on how the series changed their lives, what they're doing now and if competitor Carole Baskin's first husband's real killer has been found yet. (Netflix)

The Real Housewives Ultimate Girls Trip — Every iteration of the "Housewives" franchise uses a group trip as a storyline and catalyst for crazy behavior. One such trip is even nicknamed "Scary Island" by fans. Well, someone finally got the bright idea to bring the biggest drama queens from four of the housewives' cities together for one big crossover Caribbean vacay of bikinis, booze and blathering. It's not for everyone, but sometimes you need a little mindless television. (Peacock)



Joe Exotic in "Tiger King"

Harriet the Spy — The beloved children's book by Louise Fitzhugh is now an animated series. (The story was also a live-action movie in 1996.) Harriet M. Welsch is an 11-year-old New York City girl who wants to be a writer. She decides that observing — OK, spying on — others and keeping notebooks of her observations is a step toward this goal. As a budding writer of 11 years old when I first read the book, I adopted this method myself. And as we both came to discover, this practice can backfire. Harriet is voiced by Beanie Feldstein, who is fresh off portraying of Monica Lewinsky on "Impeachment: American Crime Story." (Apple TV+)

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Contract Bridge

IT'S ALMOST LIKE PEEKING

East dealer.

Both sides vulnerable.

NORTH			
♦K 4 2			
♥9 8 6 3			
♦8 5 4 3			
♠9 8			
WEST			
♦A J 9 7 6			
♥4			
♦J 7 6 2			
♠7 5 2			
EAST			
♦8 3			
♥A K Q J 7 5 2			
♦Q 10 9			
♠4			
SOUTH			
♦Q 10 5			
♥10			
♦A K			
♠A K Q J 10 6 3			

The bidding:

East	South	West	North
1♥	Dble	1♦	Pass
4♥	5♦	Dble	

Opening lead — four of hearts.

During the bidding and play, the defenders can't help but give away vital information that can be used against them. All declarer needs to do is to draw the proper inferences from what he has learned.

Consider this deal where South winds up in five clubs doubled after the auction shown. East wins the heart lead and returns a heart, trumped by declarer with the ten as West discards a spade. South now has to devise a way to avoid losing two spade tricks.

by Steve Becker

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Puzzles4Kids

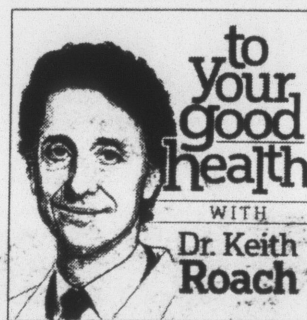
by Helene Hovanec

RIDDLE SEARCH — PLAYING IN A BAND

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: What does a turkey have that is needed by a band?

BALLAD	M	I	C	R	O	P	H	O	N	E
CHORUS	T	U	G	L	Y	R	I	C	S	D
COMBO	P	D	S	R	H	E	P	D	G	U
CONCERT	T	A	R	I	O	U	H	N	M	E
DUET	R	L	R	S	C	U	O	I	R	T
GROUP	E	L	T	O	I	S	P	C	K	R
HIP-HOP	C	A	M	H	T	Y	H	R	U	T
LYRICS	N	B	S	T	U	D	I	O	S	U
MICROPHONE	O	R	C	H	E	S	T	R	A	N
MUSIC	C	H	O	R	U	S	T	A	G	E
ORCHESTRA										
RAP										
RHYTHM										
SONG										
STAGE										
STUDIO										
TOUR										
TRIO										
TUNE										

Riddle answer: _____



The Problem With Playing Pharmacist

DEAR DR. ROACH: My wife has been diagnosed with atrial fibrillation. Doctors tried an electrical cardioversion, but it came back after a few days. She is taking metoprolol and Eliquis. We have read about the supplements red clover, turmeric, omega-3 and Hawthorn. Should she discontinue the pharmaceuticals and take supplements instead? — J.C.

ANSWER: Please don't do that, and let me explain why.

Atrial fibrillation is an abnormal heart rhythm. The goal of treating it is first to relieve symptoms, such as fast heart rate and dizziness, and second, to reduce the risk of stroke. Blood clots can form inside the heart when the atria are fibrillating (a chaotic, non-coordinated muscle movement). Those clots can break off and go into the blood vessels of the brain, causing cell death and loss of function in that part of the brain. That's a stroke.

Your wife is taking metoprolol to slow the heart rate. Atrial fibrillation causes the ventricles to go too fast, causing a sensation of fast heart rate and palpitations. Metoprolol, a beta blocker, protects the heart from damage from a too-fast heart rate, in addition to relieving symptoms. Apixaban (Eliquis) is a powerful anticoagulant, reducing the risk of clot formation.

Red clover is usually used in herbal medicine for its estrogen-like activities. Unfortunately, estrogens INCREASE clot risk, so this herbal medicine absolutely should not be used by someone at risk for clots. Sweet clover hay is the source of warfarin (Coumadin), another often-used anticoagulant in people with atrial fibrillation: This may be the source of confusion. However, warfarin needs to be dosed precisely, with frequent blood-level checks.

Turmeric is an antioxidant that does have some mild antico-

agulant properties. However, it is not remotely powerful enough to do the job of protecting your wife adequately from stroke.

Omega-3 fish oils were once thought to reduce risk of atrial fibrillation; unfortunately, a 2013 study showed no benefit.

Hawthorn has two potential benefits: To a slight extent, it acts as a beta blocker (like metoprolol) as well as an anticoagulant. However, no trials have proven its effectiveness. It may interfere with both her medicines. The metoprolol and Eliquis have much more safety data.

DR. ROACH WRITES: In a recent column, a reader noted she had a history of irritable bowel syndrome and described intermittent sharp rectal pain. My answer discussed control of her IBS. When I saw the column printed in the newspaper, weeks after I wrote it, I realized instantly that the diagnosis was probably proctalgia fugax, which is a spasm of the muscles of the anus. It is thought to be related to nerve compression.

I learned from my predecessor of this column, Dr. Paul Donohue, that sitting on a baseball or tennis ball can sometimes stop the pain instantly, and that creams and sometimes oral or inhaled medications can be effective in harder-to-treat cases.

I also want to point out that I fell victim to something called an anchoring heuristic error. I read about my reader's irritable bowel and became "anchored" to that diagnosis. Admitting an error and trying to understand why it happened are critical to reducing the likelihood of making the same error again. Anyone can make a mistake; it's important to learn from them.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Comfort foods

Made fast and healthy



by Healthy Exchanges

Thanksgiving Pumpkin Torte

You take care of the rest of the meal, and I'll take care of dessert. Now if we could just find someone to take care of the dishes, we'd have something else to be thankful for!

- 18 (2½-inch) graham cracker squares
- 1 (15-ounce) can solid packed pumpkin
- 1 (4-serving) package sugar-free instant butterscotch pudding mix
- 2/3 cup nonfat dry milk powder
- 1½ teaspoons pumpkin pie spice
- 3/4 cup water
- 1 cup reduced-calorie whipped topping
- 2 tablespoons chopped pecans

1. Evenly arrange 9 graham crackers in a 9-by-9-inch cake pan. In a large bowl, combine pumpkin, dry pudding mix, dry milk powder, pumpkin pie spice and water. Mix well using a wire whisk. Blend in 1/4 cup whipped topping. Spread half of pumpkin mixture evenly over graham crackers.

2. Top with remaining 9 graham crackers. Spread remaining pumpkin mixture over top. Evenly spread remaining 3/4 cup whipped topping over pumpkin mixture. Sprinkle pecans evenly over top. Cover and refrigerate for at least 2 hours. Serves 8.

• Each serving equals: 115 calories, 3g fat, 3g protein, 19g carb., 225mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1/2 Fat.

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1. Name the group that released "We Want the Airwaves."
2. Which group released "Cold as Ice?"
3. Who was slated to record "My Girl" before it was given to the Temptations?
4. Which Gibb brother added "I Just Want to Be Your Everything" to his debut album?
5. Name the song that contains this lyric: "And so you see I have come to doubt all that I once held as true, I stand alone without beliefs, The only truth I know is you."

Answers

1. The Ramones, in 1981 on their "Pleasant Dreams" album.
2. Foreigner, in 1977. The song was used as a soundtrack in a 1978 "Saturday Night Live" skit. It charted around the world, but never quite reached the top.
3. The Miracles. But songwriter Smokey Robinson recruited David Ruffin, put him in front of the Temptations, and the rest is history.
4. Andy Gibb, in 1977. It was written by his brother Barry, who penned the chart topper in 20 minutes.
5. "Kathy's Song," by Simon and Garfunkel. Paul Simon wrote the song to a girl he met in 1963 in England, but Kathy couldn't handle the stardom and ended the relationship. She lives in Wales now and is in her 70s.

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Puzzles4Kids

Answer

N
O
V

1
8

2
0
2
1

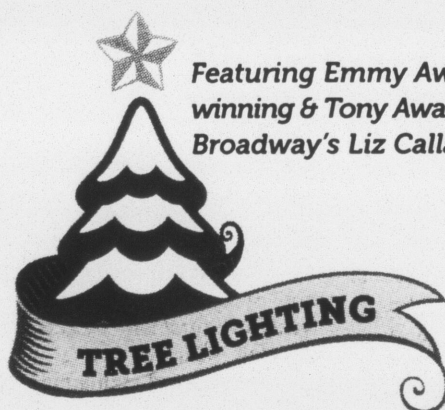
2021

The City of Quincy presents

CHRISTMAS PARADE & HOLIDAY FESTIVAL

It's the Most Wonderful Time of the Year!

FRIDAY



Featuring Emmy Award winning & Tony Award nominee, Broadway's Liz Callaway

Friday, November 26
5:00-7:00 p.m.
Hancock-Adams Common
1305 Hancock Street

Come enjoy the Hancock-Adams Common, decked with twinkling lights and a host of holiday displays! Mayor Thomas P. Koch and special guests – maybe one from the North Pole – flip the ceremonial switch to bring the holiday spirit to the Common. Emmy Award winning & Tony Award nominee, Liz Callaway and Costumed Characters will make your spirits bright. A heated tent will be set up for this event.

Ongoing Activities from 5-7 p.m.

- Strolling Victorian Carolers
- Street Performers
- Costumed Characters
- Letter writing to Santa activity
- FREE Popcorn and Hot Chocolate

Scheduled Activities

6:30 p.m. Liz Callaway who sang the Academy Award nominated song "Journey to the Past" in the animated feature Anastasia will perform followed by the Tree Lighting Ceremony hosted by Mayor Koch and special guest.

SANTA'S MAILBOX

Letters to Santa can be placed in "Santa's Mail Box" at the events all weekend and then at Hancock-Adams Common through the holiday season.



SATURDAY

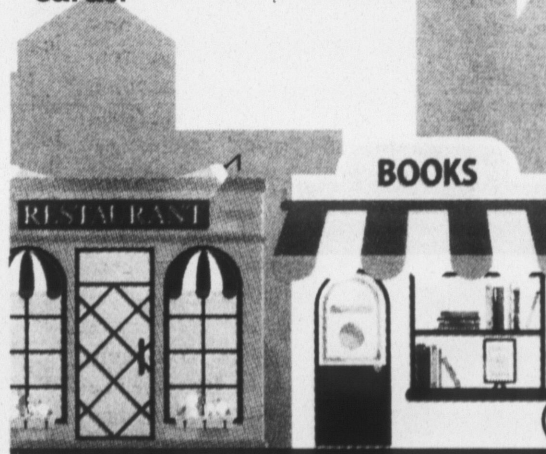


Saturday, November 27
12 noon
Pageant Field
(One Merrymount Pkwy)

Santa and his elves arrive in Quincy by helicopter, landing at Pageant Field, at this fun family event. While waiting for the touchdown of the Jolly Old Elf and friends, say hello to one of the friendly costumed characters!

Enjoy the Holidays in Quincy

Kick off the holiday season by grabbing lunch or dinner at one of Quincy's many restaurants. Take a walk through the Hancock-Adams Common and enjoy the holiday light display. And don't forget to shop local for gifts and gift cards.



SUNDAY



Sunday, November 28
12:00-3:30 p.m.
Hancock Street

The 68th Christmas Parade has been a tradition for Quincy families for many years. Floats, marching bands, and costumed characters fill Quincy streets, spreading holiday joy to all. The parade route begins at the intersection of Hancock Street and Walter J. Hannon Parkway, continuing up Hancock Street to North Quincy High School.



Sunday, November 28
4:00 p.m.
Hancock-Adams Common
1305 Hancock Street

Menorah Lighting

Join us in a ceremony to light the first candle on the menorah outside City Hall on the Hancock-Adams Common, as we observe the beginning of Chanukah.



City of Quincy
Massachusetts

QUINCY FOUNDATION

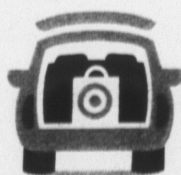


PARKING! Kilroy Square Parking Garage will be available as well as Presidents Place Parking Garage.

PLEASE NOTE: In the interest of public safety, all bags and backpacks are subject to search.

North Quincy T Station Target is Now Open.

Find us at Route 3A
& Squantum St.



drive up
We'll bring your order
out to your car for free.

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N
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